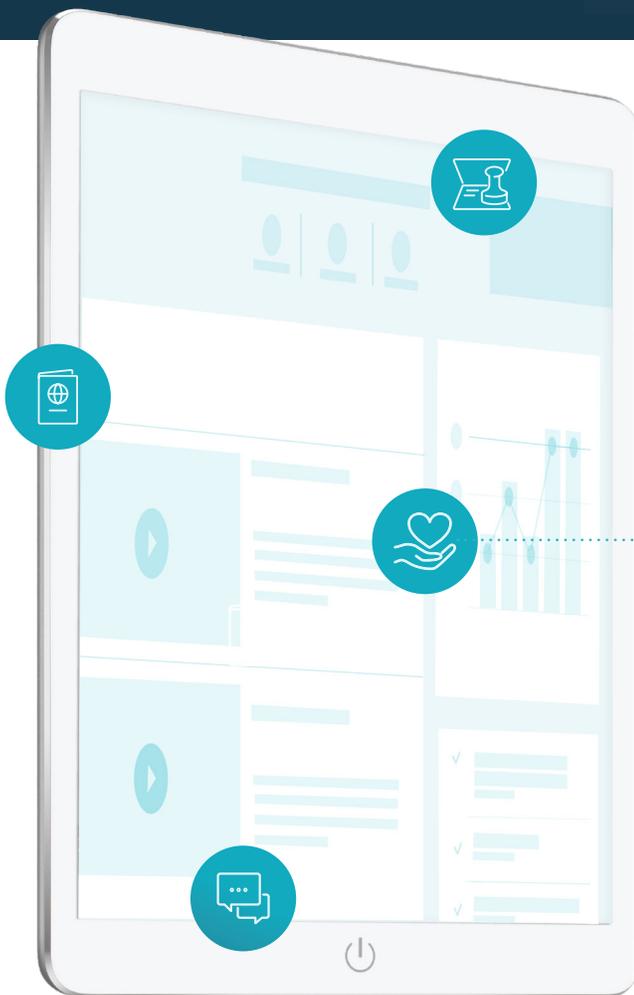
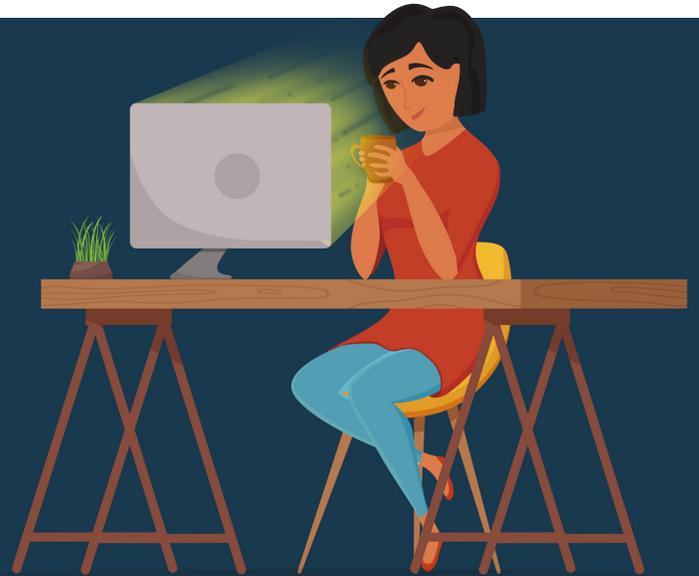


Healthy & Resilient You

Meet luma

Your Digital Guide to Mental and Emotional Wellbeing



As you probably know, either first-hand or through a colleague around the watercooler, Concern offers a wealth of services and resources designed to help you along the path toward a healthier, more resilient you. These include:

- ✓ Confidential counseling services
- ✓ Life-balance services for legal, financial, and family care needs
- ✓ A curated library full of self-help videos, articles, apps, and toolkits
- ✓ And much more

With so many options available, it can be hard to decide which service to focus on first. To help you zero in on the services and resources best suited, we've created Luma™ — an always-available digital guide to personalized resources.



Luma: Your Very Own (Virtual) Life Coach

Like any good life coach, Luma wants to get to know you better. You'll first meet Luma through a digital intake. After a short series of targeted, confidential questions — about your feelings and what you're going through — Luma matches your needs with focused help, tools, and resources. Recommendations are customized to your profile and drawn from the entire Concern catalog of content and services.

That's just the beginning. In addition to powerful customization, Luma also gives you access to exclusive additional services and options:

 **Online Counselor Selection:** After your quick digital intake, Luma presents you with a shortlist of available and recommended local counselors matched to your needs. Or, if you prefer, Luma also provides the option to view the full list of available counselors for a more in-depth look.

 **Flexible Counseling Options:** Finding it hard to fit an in-person counseling session into your schedule? Luma includes access to all Concern counseling options like phone, video, and text therapy for your convenience.

 **Custom Dashboard:** Organizing your wellbeing journey has never been easier than with Luma. You'll get one-touch access to a modular dashboard that includes a customized library of self-help content, resources, and assessments; a calendar of your upcoming appointments; and a list of available counselors. Plus, your dashboard includes tools to help you track your progress over time, showing trends, changes, and improvement.

 **Fresh Recommendations:** Life is unpredictable, and circumstances can change in an instant. Luma checks in periodically with how you're feeling, compares new reports with previous interactions, and updates your dashboard accordingly. That way, recommendations are always in sync with your needs.

 **Wellbeing Help, Your Way:** Whether you want to get help over the phone, or online with Luma, the choice is yours. Both phone support and Luma are available 24/7. So anytime, anywhere, help is always a click or call away.

No matter how you engage services, you'll always receive the same powerful wellbeing solutions and compassionate support you've come to expect from Concern.

Getting started with Luma is easy! Visit employees.concernhealth.com, log in with your company code, and click on any Luma button.* Your digital wellbeing coach awaits!

**Availability varies by employer. Ask your manager or HR representative about Luma access at your company.*

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support

Call: 800.344.4222
employees.concernhealth.com