

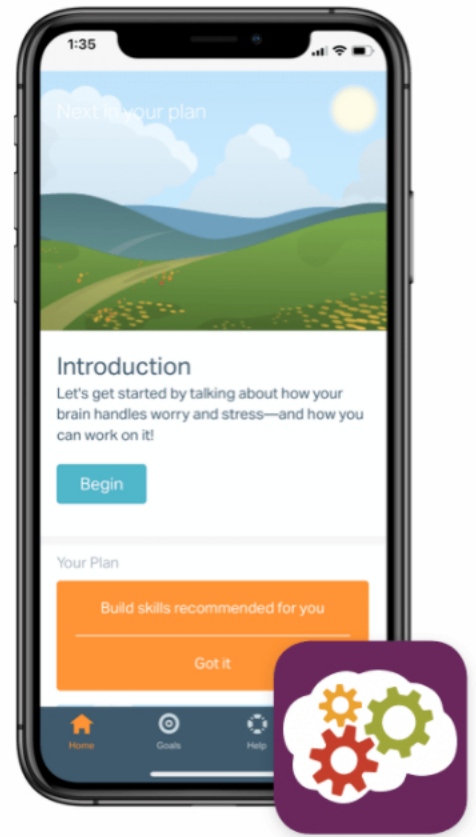


In times of change and stress, it's important to monitor our own internal well-being as well as our physical health. With this in mind, I am very pleased to announce that LifeSolutions EAP is launching the new mobile app, Brain Manager. The first release is being made available at no cost to Workpartners' clients and their employees until September 30, 2020.

Brain Manager delivers evidence-based, cognitive behavioral therapy through a custom, personalized experience. Use it anywhere, anytime, and at your own pace. To help with stress and anxiety - the app offers self-guided activities and techniques that you can follow to take small virtual breaks during the COVID-19 pandemic.

Brain Manager includes helpful information and tips on:

- Sleep
- Grounding
- Pleasant imagery
- Breathing
- Worry
- Emotions
- Mindfulness
- Habits



Download the Brain Manager app to get started today.

Just search "**Brain Manager**" in the Apple App Store or Google Play Store. Enter the access code **calmnow** when prompted.

As we work through these changing times, it is more important than ever to care for ourselves in order to facilitate the care of our community.

Be Well,

David M. Weir
President, Workpartners