

THE MENTAL HEALTH COACH, PROVIDED BY KII HEALTH

# A proactive and personalized approach to mental well-being for your employees





The Mental Health Coach (MHC) offers organizations an innovative and personalized mental health care solution. It's tailored to the diverse needs and preferences of employees<sup>1</sup> and their eligible dependents age 16+.



culturally appropriate care



practitioners of a specific gender, cultural or ethnic background or a member of the LGBTQ2+ community if requested and available/appropriate for care needed



virtual or in-person practitioners



**It proactively engages employees experiencing mental health challenges to get support before their symptoms worsen or become severe. It helps them get access to**

- the right care through their benefits plan,
- employer programs, and
- public health-care system.



## A quick overview

It focuses on:



**removing barriers to accessing care (cost, access, stigma, feelings of embarrassment).**



**connecting employees to the right resources and treatment they need.**

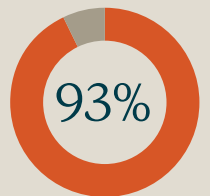


**reducing absences and keeping employees engaged and at work.**

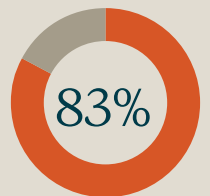
The MHC provided by Kii Health takes a proactive approach by empowering employees to take action on their mental health and keeping them engaged throughout their journey.

Coaches are licensed health-care practitioners (registered practical nurses with clinical experience or social workers).

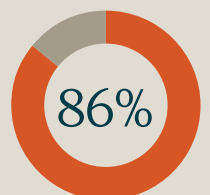
**The MHC is successfully engaging at-risk<sup>2</sup> employees. More than 93% of employees who are using the service are at a high or moderate risk of experiencing mental health problems.**



**More than 83% of employees who have used MHC and completed a reassessment have experienced at least a 10% improvement in their symptoms.<sup>3</sup>**



**86% of employees who completed the satisfaction survey indicated they have a better understanding of their benefits after participating in MHC.**





## The MHC helps to improve employee health outcomes!

### Why is supporting the mental health of your employees essential to your organization?

With the MHC, our goal is to provide targeted support to employees who may be experiencing significant challenges. By focusing on early intervention and personalized assistance, MHC helps employees manage their mental health more effectively, potentially reducing leaves of absence and promoting overall workplace wellness.

Mental health remains the most common diagnostic category for LTD claims, representing **almost 40% of claims in 2024**.<sup>4</sup>

#### The MHC will:



Encourage at-risk employees to access care sooner to avoid mental health issues from worsening or becoming severe.



Optimize all the resources available in the employee benefits plan and public health-care system, removing the cost barrier.



Help improve your employees' health outcomes. By improving their symptoms, employees will be more engaged, productive, and less likely to need an absence.



Help reshape your benefits plan. You'll be able to provide employees with a more personalized experience that better matches their needs.



The MHC offers a complete tailored experience to employees based on their unique and diverse needs.

What are the benefits to employees?

**No cost to them**

The MHC is included in employees' benefits plans.

**Personalized action plan**

The MHC and the employee work together to set specific goals based on their risks and individual preferences. Employees get a personalized action plan based on their unique needs. This includes finding culturally relevant care, virtual or in-person practitioners. The action plan integrates their benefits, all the resources available through their employer as well as the public health-care system. Employees can choose how they wish to pursue their mental health journey.

**Ongoing support**

Employees get personalized follow-ups with their dedicated MHC, helping them reach their goals and adjust their plan as needed.

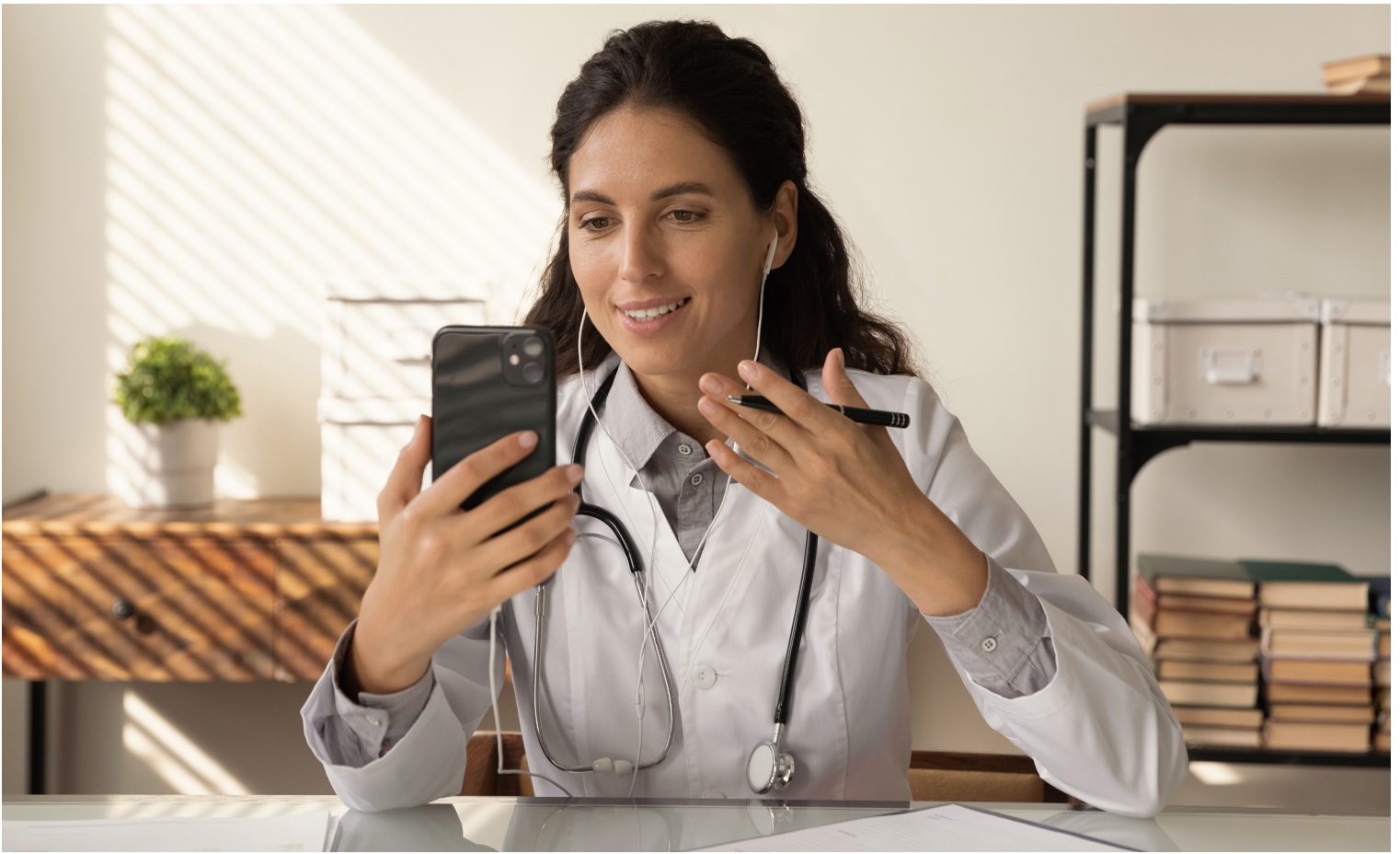
**Confidential & secure**

Employees' assessment results and personal health information are strictly confidential. Only the employee and their MHC have access to this information.



Employees can start their mental health journey in just 3 simple steps

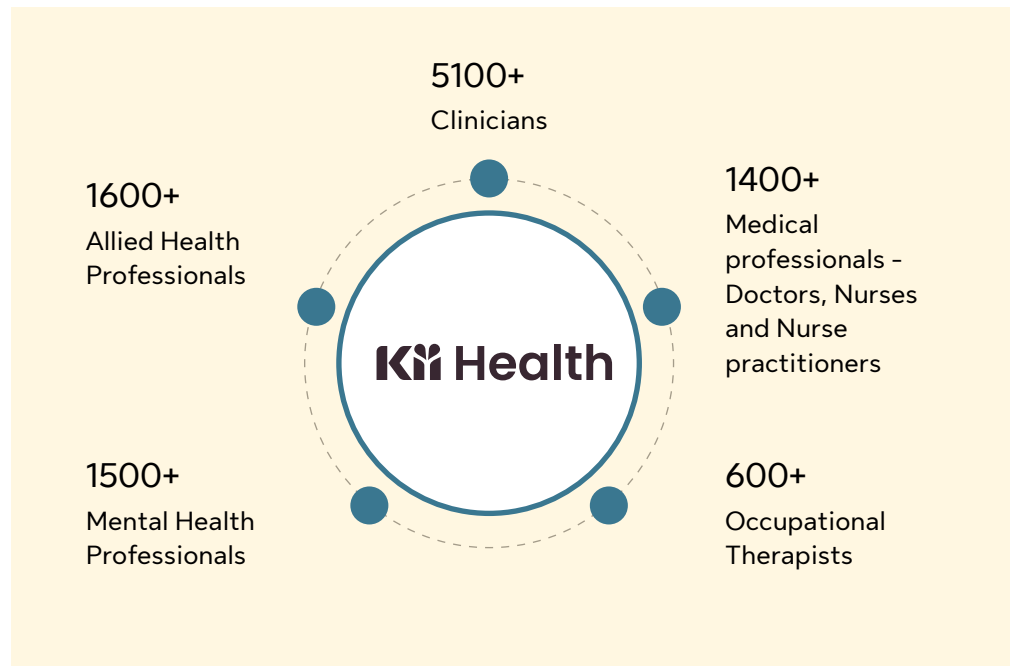
1. Complete a clinically-validated mental health assessment.
2. Book an appointment with a MHC.
3. Get a personalized action plan to get started.



## Who is Kii Health?

We focus on a strong assessment and personalized care plans to help people live their fullest lives. Kii Health provides the highest quality health services. Our greatest strength are our skilled clinicians, all 5,100 of them.

The platform engages patients addressing every aspect of a person's care. With the MHC provided by Kii Health, start to manage the mental wellbeing of your employees!



<sup>1</sup> For employees covered by your benefits plan

<sup>2</sup> "At-risk" means according to their evidence-based assessment, some employees may be more at risk of developing certain conditions.

<sup>3</sup> MHC 2025 data

<sup>4</sup> 2024 Sun Life data

Life's brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies. PD1218 07-25 adc-cc

