



 Workit Health

Employer Toolkit

Your guide to educating your team about Workit Health



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Substance use and mental health care simplified for your workforce.

One in five people struggle with substance use or mental health issues. This means that a substantial percentage of your workforce is likely dealing with these difficult conditions. It is often challenging to know how to talk about this, especially at work—both for the person suffering and for the HR or employee benefits team who supports them. Finding quality, in-network care can be overwhelming for all involved.

That's why we created Workit Health. By leveraging the latest advances in medicine, behavioral science, and technology, Workit Health makes recovery from substance use and treatment for mental health conditions far more accessible and achievable for everyone.

The first step in addressing substance use and mental health is letting your workforce know they're not alone, that there are resources available for them and their dependents. That's where you come in.

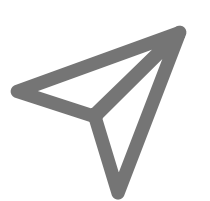
This toolkit is designed to empower you to help your employees get the care they need, at the moment they need it.

— Workit Team



Announcement email

This is a sample email announcement to let your employees know that Workit Health is a covered benefit.



To: Employees who have Workit Health as a covered benefit
From: C-Level/HR/Benefits
Subject: Introducing Workit Health for mental health support

People from all walks of life struggle with substance use and mental health. This can look different for everyone, from drinking too much on the weekends to feelings of anxiety to a more serious issue with alcohol or opioids.

Lee Health encourages you to take care of your health—including your mental health. If you're struggling with opioids, drinking, quitting smoking, substance use, anxiety, or depression, you're not alone. There are treatment options available.

You and your dependents aged 18 and older have access to Workit Health: telehealth substance use and mental health support that's totally virtual and confidential.

Want to reduce your alcohol intake? Concerned about pain medication becoming a problem for you? The Workit Health team can help. You can sign up online and receive a personalized program, which can include clinical care with medication-assisted treatment, individual counseling, or peer coaching, based on your needs and preferences. You'll also receive access to Workit Health's therapeutic digital curriculum, designed to help you create lasting behavioral change.

Your Workit care team offers nonjudgmental and compassionate support based on the latest research. The program is totally confidential—Lee Health will never know if you've signed up, or why you're receiving support.

Get started by downloading the calling 855-659-7734 option 1, Monday - Friday 9am - 8pm EST.

Have questions? Reach out to Workit's care navigators by emailing hello@workithealth.com. We hope that you will take advantage of this benefit if it feels appropriate for you.

[Closing and Signature]

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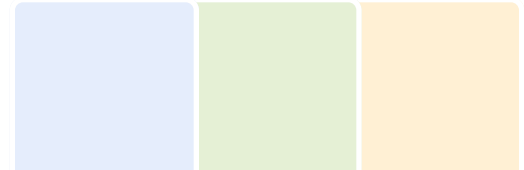
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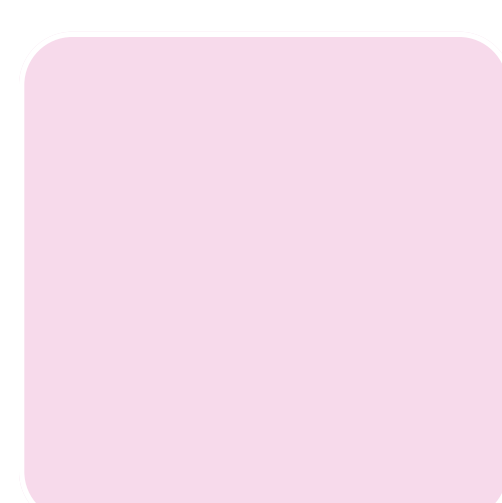


Launch post

Share Workit as a covered benefit wherever your employees go to learn company information! This might be a Slack channel or a monthly newsletter update.

#general ▾ Company-wide announcements and work-based matters

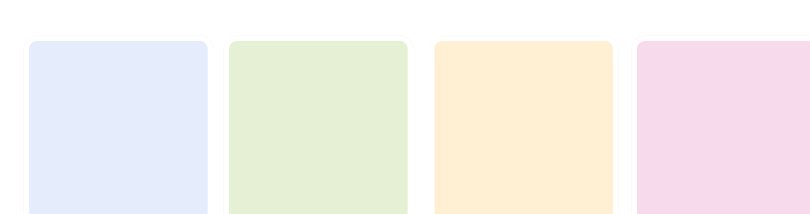
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Jane Smith 10:30 AM

Substance use and mental health issues affect everyone. We're excited to announce Workit Health as a benefit now available to Lee Health employees and their dependents aged 18 and older. Workit Health makes it simple to receive expert care at the moment you're ready from help, all from the privacy of your phone. The program is 100% confidential and HIPAA-compliant, so you can use this benefit with confidence that your colleagues and this company will never know if you sign up.

Call Workit at 855-659-7734 option 1, Monday - Friday 9am - 8pm EST to get started today, or learn more at <https://www.workithealth.com/lee-health>



7 replies Last reply today at 10:45 AM

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Intranet post

Ensure that your employees can find access to care at the moment they're looking for it by including Workit Health on your intranet, benefits directories, and wellness sites.

Substance use and mental health support—100% virtual, confidential, and covered.

You now have access to expert support for substance use and mental health care with Workit Health. Workit Health is a totally virtual program, offering compassionate support from clinicians and coaches, as well as a therapeutic curriculum of courses based on the latest proven techniques.

How to sign up

1. Call 855-659-7734 option 1, Monday - Friday 9am - 8pm EST
2. Pick a focus for your treatment—medical care is available for opioids and alcohol, and coaching is available for many other issues. All programs are totally virtual.
3. Choose your health plan information to confirm eligibility. (No employer code needed!)

It's that easy!

Questions?

Email Workit Health's care navigators at hello@workithealth.com

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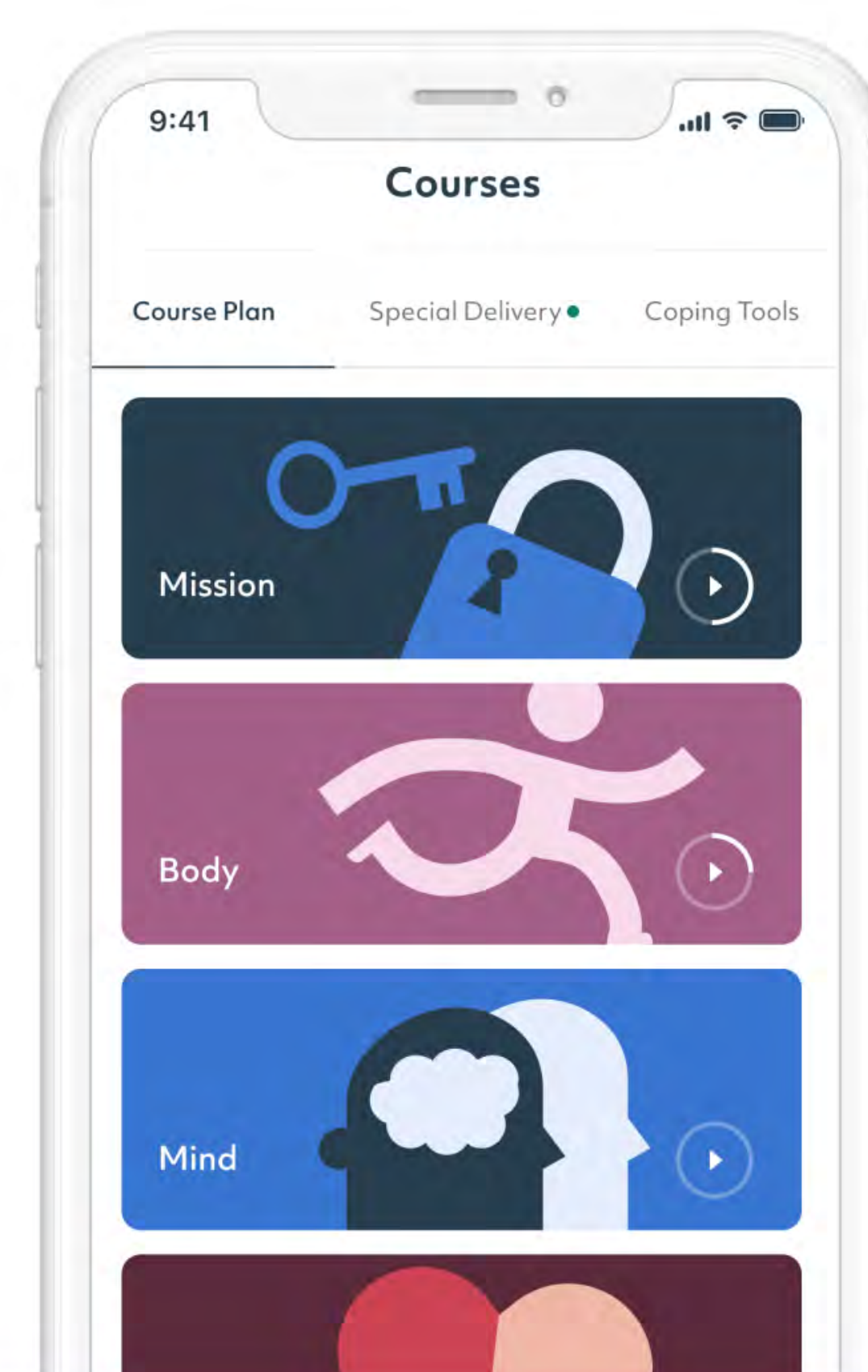
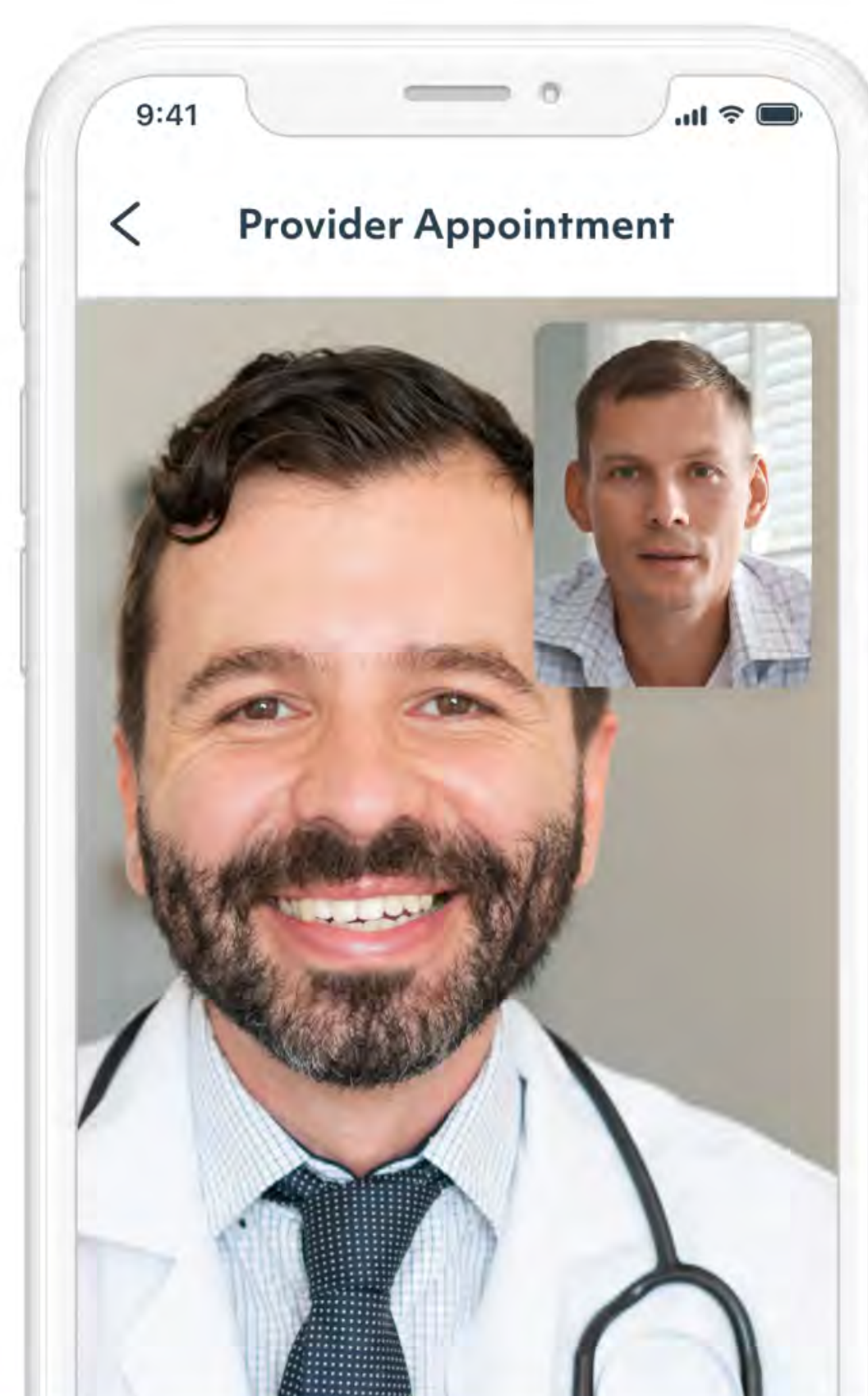
Informational flyer

An overview of Workit Health for break rooms, bulletin boards, and for your HR team to have on hand to reference.



Compassionate, clinically-proven treatment for substance use and mental health.

Workit Health brings expert support from clinical and behavioral health teams directly to your phone. Receive support privately and on your own schedule. 1 in 5 people struggles with substance use or mental health—you're not alone, and help is available. Workit Health offers you the tools you need to live the life you want.



Medication

Workit clinicians are able to prescribe medications for opioid and alcohol use and for commonly co-occurring disorders.

Compassionate support

Message your care team anytime through the app, and meet with a coach or counselor when needed.

Coping tools

Our library of clinically-validated, interactive courses provides you with the skills you need to reach your goals.

Workit Health Questions? Visit us online at workithealth.com/lee-health

Ready to get started? Call Workit at 855-659-7734 option 1, Monday - Friday 9am - 8pm EST.

[Download printable flyer](#)

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Thank you.

We appreciate you taking the time to raise awareness about recovery options like Workit Health. Together, we can make a difference in the lives of people struggling with substance use and mental health issues.

Questions? Please reach out. Our team is able to provide additional training and answer your questions. Email us at partners@workithealth.com