



Turn the tables on health risks associated with **burnout**

Pivot Flex helps people build a healthier relationship with everyday stress



Stress and burnout are causing a ripple effect across healthcare

Stress is not a new phenomenon; **some 55% of Americans reported daily stress** in a 2018 Gallup poll. The impact of everyday stress has been supercharged over the past several years, translating into an increase in burnout rates – recognized as a predictor of health issues ranging from type 2 diabetes and heart disease to musculoskeletal pain and prolonged fatigue.



\$190 billion

annual health care costs to support workplace stress.¹



75-90%

of primary care visits are due to stress related problems.²

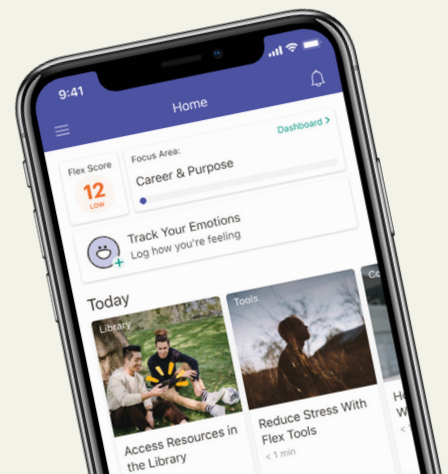


Stress affects all parts of the body:

musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems.³

How one responds to everyday stress can make a difference

Stress is a normal part of life and is fluid; expanding across all aspects of work, life and social situations. Equipping your members with tools to respond to everyday stress is only part of the solution. Take it one step further – combining the tools with insight and support will lead to significant improvements across your organization - retention, productivity, job satisfaction and corporate culture.






Learn more about Pivot Flex today!
www.pivot.co | info@pivot.co | 650.249.3959

¹ www.forbes.com ² www.stress.org ³ www.apa.org





Promote the benefits of a healthy relationship with stress

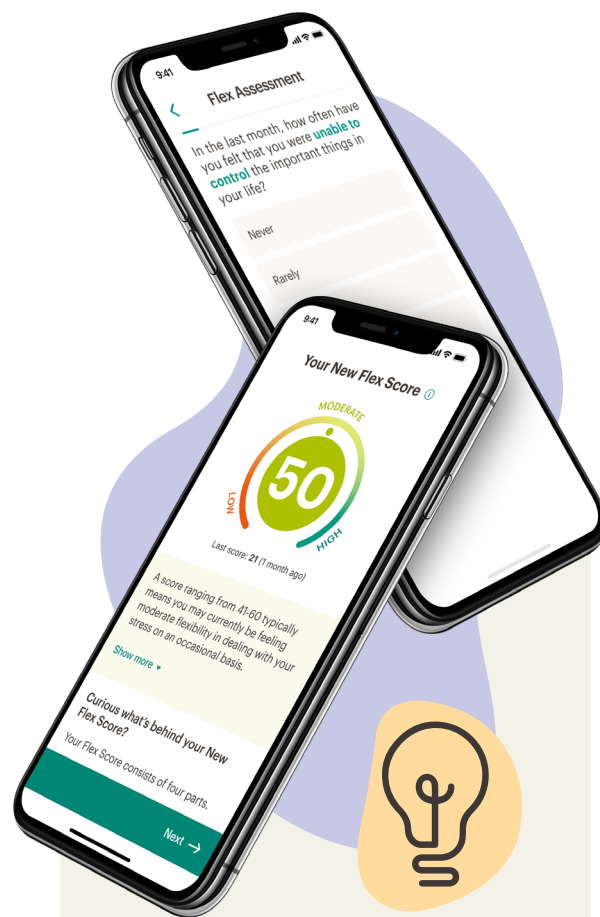
Stress is normal, but how one responds to stress is the key to living a healthy life. Embracing this is no small feat, but it is possible, thanks to Pivot Flex.

Pivot is a trusted partner in long-lasting behavioral change. Pivot Flex provides individuals with the tools and support they need to respond to stress in a positive and healthy way. By helping individuals manage the unexpected, Pivot helps to reduce the impact stress has on chronic conditions, comorbidities and ER visits.

-  **Quantify your members' stress and resiliency** via Pivot's proprietary Flex Assessment, providing a baseline and an ongoing measure of your population's mental well-being.
-  **Engage more of your members** with expert marketing campaigns, designed to be approachable without stigma.
-  **Support each members' individual needs** by pairing them with a board-certified health coach who introduces evidenced-based coping skills and tools.

Pivot Flex strengthens members' confidence to respond to everyday stress

-  **Coaching:** Confidential access to a board-certified health coach to help manage stress and burnout.
-  **Mobile App:** Designed to motivate, develop, and strengthen one's response to everyday stress, at their own pace, anytime they need it.
-  **Tools and Challenges:** Uncover triggers associated with everyday stress and build new tools to enhance one's ability to respond to stress in a healthy way.
-  **Progress Tracking:** Track progress and see improvements. Building resilience takes time, patience and practice.



Take Action with the Flex Assessment

Adapted from four clinically-validated instruments, the Flex Assessment provides insights beyond 'my members are stressed' and sheds light into:

- How well they respond to and cope with stress
- How anxiety might exacerbate their stress
- How close they are to burnout

Find out your population's Flex Score?

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