

The Value of Investing in Mental Health & Mindfulness

2 November, 2022



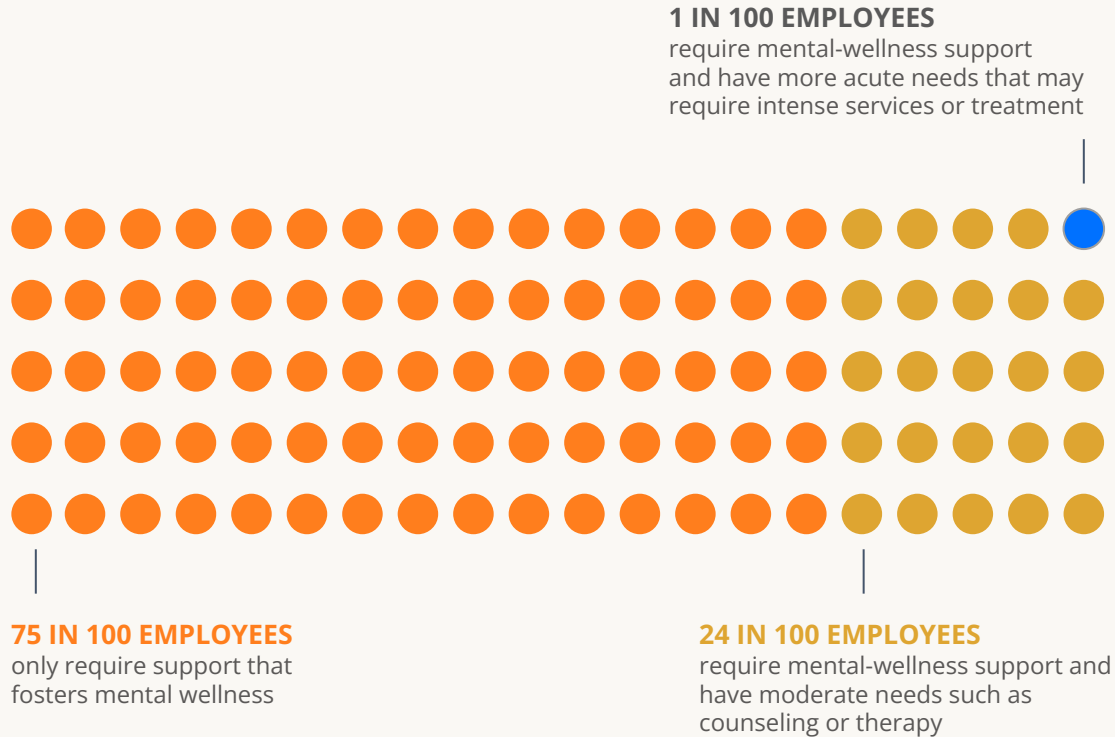
Mental Health Statistics

Depression is the leading cause of mental illness and disability around the world.

According to the WHO

- Nearly 1 billion people around the globe are living with a mental health disorder
- More than 75% of people worldwide with mental, neurological and substance use disorders receive no treatment for their condition at all.

Mental health is on a continuum from wellness to acute illness



Burnout due to increased workload or lack of staff is the top stressor for British workers. 31% report having a poor work-life balance and 30% say “poor management and leadership” contributes to their stress.

63% of British workers have missed at least one day of work due to stress, anxiety, or other mental health challenges.

One in three British workers feel their employer isn't doing enough to support their mental health.

The Value of Mindfulness Programs

32%

less stress in 30 days
of using Headspace



22%

less mind wandering
after 1 session



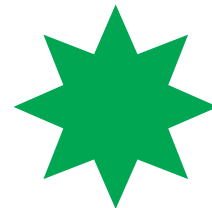
29%

Decrease in depressive
symptoms in 8 weeks



19%

Decrease in anxiety
symptoms in 8 weeks



Consistent findings on the value of mindfulness & mental health support



Improved
Happiness
Compassion
Quality of life



Decreased
Stress
Anxiety
Depression



Measurable
Cost of care
Financial impact
ROI

Headspace for Work value

How does mindfulness and meditation amplify collaboration?

10

days of Headspace
increased happiness



57%

Decrease in aggression
after 3 weeks



21%

Increase in compassion
after 3 weeks



headspace health.

Headspace for Work

Mental well-being for everyday life

- ✓ Meditations and mindfulness exercises
- ✓ Sleepcasts, sleep music, and soundscapes
- ✓ Focus music and breathwork

And more

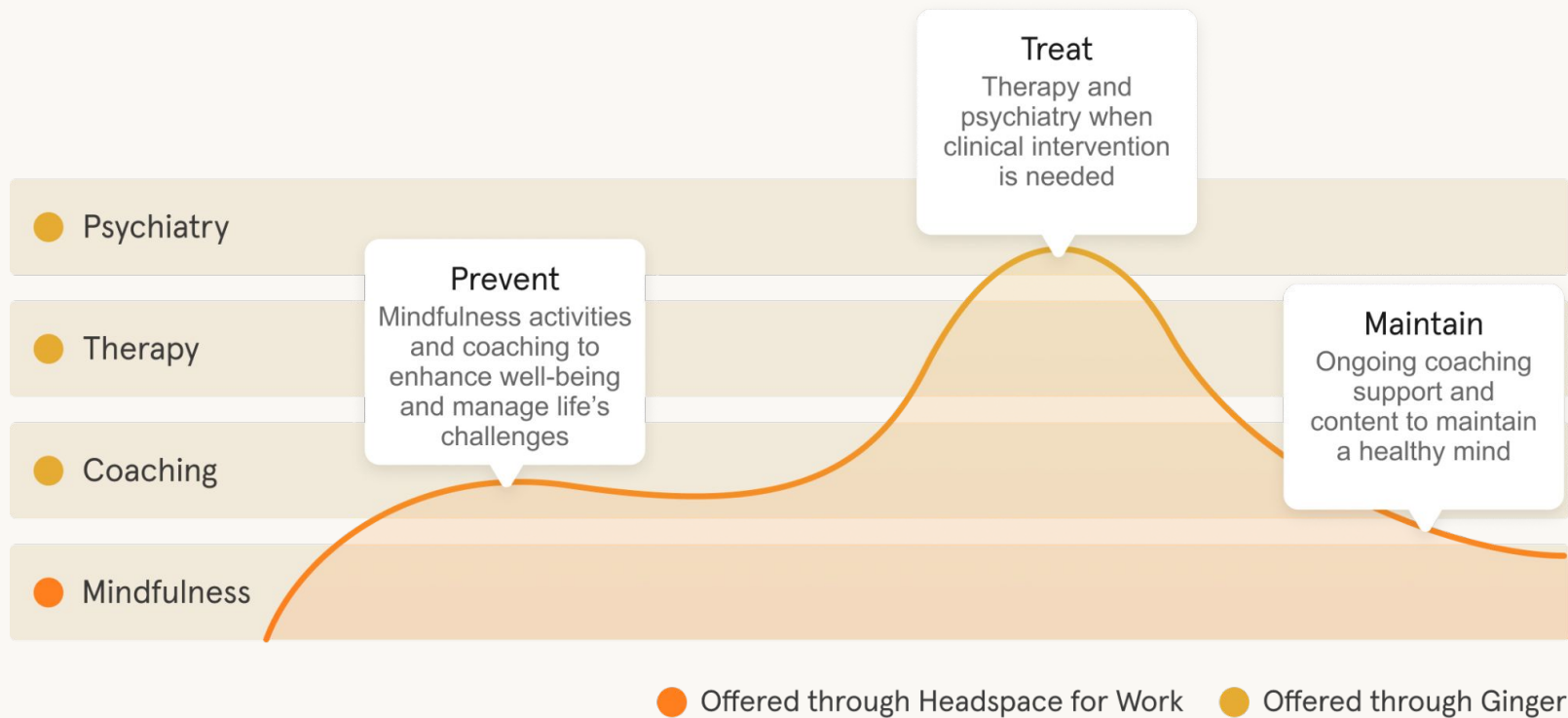
ginger

Human-guided mental healthcare

- ✓ Behavioral health coaching available 24/7, on-demand
- ✓ Therapy for a broad range of mental health issues
- ✓ Psychiatry to provide medication management

And more

Supporting your team through the **full spectrum** of Mental Health



Projected savings compared to status quo



Member A

Feeling anxious and having trouble keeping up with her work

No Care

No therapy sessions

\$12,000

Traditional Care

6-10 therapy sessions

\$10,000

Ginger

Coaching + clinical services

\$9,000



Member B

Facing symptoms of depression for years

\$18,000

\$16,000

\$15,000



Member C

Managing a chronic condition and depression

\$35,000

\$32,000

\$30,000

Coaching + Clinical Care: real-world outcomes

7 peer reviewed publications
of health outcomes including
**depression, anxiety,
resilience, healthy days,
healthcare costs** and
utilization

59%

of members show
clinically significant
**improvement in
anxiety***

70%

of members show
clinically significant
**improvement in
depression***

+3

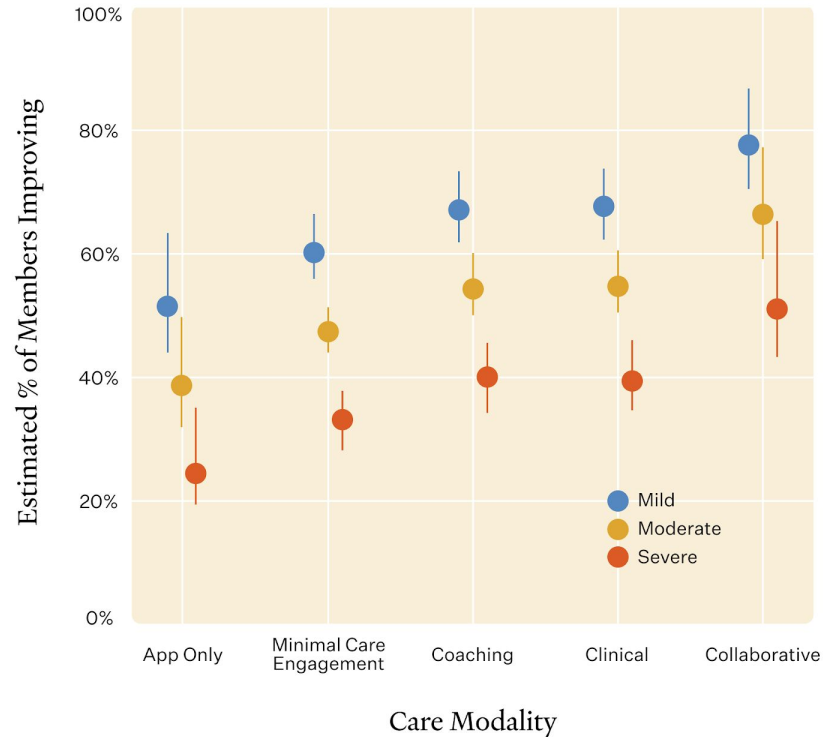
**healthy
mental health days** after
one month

Anxiety symptom improvement

59% improved anxiety

- Improvement across **all modalities** of care.
- Coaching and therapy or psychiatry show similar rates of improvement
- Ginger's multidisciplinary team-based model delivers the highest likelihood of anxiety symptom improvement.

Anxiety Improvement for Ginger Members



Understanding value through claims data

Evaluating health outcomes

Our in-house research team uses claims data to better understand our members, services, and impact on non-Ginger healthcare utilization, e.g.

- Overall cost of care
- Inpatient/outpatient visits
- Rx utilization

Measuring direct cost impact

In partnership with a third-party actuarial firm, we can conduct analyses to measure:

- Total cost of care performance
- Total spending on mental healthcare vs. benchmark
- Impact of mental health conditions on physical healthcare costs