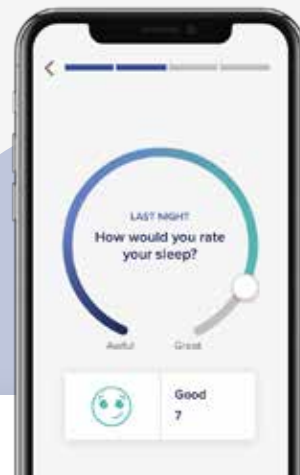




# Mental Wellness and Resiliency



Instead of waiting until people reach the point of crisis, NeuroFlow provides 24/7 digital behavioral health support and ongoing monitoring for your entire population, giving you direct visibility into rising risk groups that need intervention.

Validated assessments are delivered digitally within an engaging app experience that reaches your entire population with a single click.

The app's logic creates an individually tailored curriculum for each user, automating delivery of the best possible clinical content per user.

Frequent engagement builds out a longitudinal picture of an individual's wellbeing and risk-stratifies your population to get individuals to the right level of care at the right time.

Users track behaviors like **sleep, activity, mood, stress and pain**

Clinical content spans from **meditation and mindfulness to dCBT exercises**

**Crisis resources** are customizable and prominent in the app at all times



Care team dashboards and reports provide snapshots of **population-wide wellbeing**

**At-Risk alerts** identify individuals showing signs of worsening conditions

**Response services** can be staffed for interventions in urgent situations

## 50%

of members in a recent study had a higher need for behavioral health support than predicted by their claims data

*(McKinsey)*

## 17.7%

improvement in PHQ scores, and

## 10.2%

improvement in GAD scores

*(Aflac/NeuroFlow data, 2024)*

## 84.7%

of users continue to remain engaged after initial registration

*(Aflac/NeuroFlow data, 2024)*



These services are intended for general purposes and are not a substitute for professional psychological or medical advice. NeuroFlow may not be available in some states in connection with this partnership.

CAIC's affiliation with the Value-Added Service providers is limited only to a marketing alliance, and CAIC and the Value-Added Service providers are not under any sort of mutual ownership, joint venture, or are otherwise related. CAIC makes no representations or warranties regarding the Value-Added Service providers, and does not own or administer any of the products or services provided by the Value-Added Service providers. Each Value-Added Service provider offers its products and services subject to its own terms, limitations and exclusions. State availability may vary. Continental American Insurance Company, a proud member of the Aflac family of insurers, is a wholly-owned subsidiary of Aflac Incorporated.