



 **QuarvisHealth**TM
In-the-moment support

Experienced Executive Team

90 Years of Healthcare Experience



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Challenges

Mental Health Leaves of Absence Proliferate Among U.S. Workers*


- **\$200 million lost workdays** each year caused by depression**
- **\$44 billion in annual costs** from missed work related to mental health**
- **73% of all employees** have some level of caregiving responsibilities
- **50% of employees** do not understand their benefits
- **Low engagement rates**
- **High medical cost trends**

*HR Today, August 2024

**Centers for Disease Control and Prevention, May 2024



Unaddressed Emotional Health Challenges




60%
of employees **admit**
to dealing with
heavy emotions
at work

*based on 2025 poll



50%
half of employees are
uncomfortable using
traditional mental
health resources
at work

*SHRM24



73%
of employees
are likely to be
caregivers



\$20,000
productivity loss per
employee per year

*CUNY School of Public Health

50%
under **stress**
use more healthcare
or extra **\$1700** annually



*JOEM, WHO,

In-the-Moment Support

Joe has a tense call with his wife leaving him feeling hurt, anxious, and distracted at work.

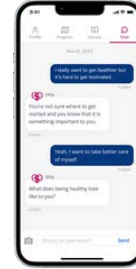
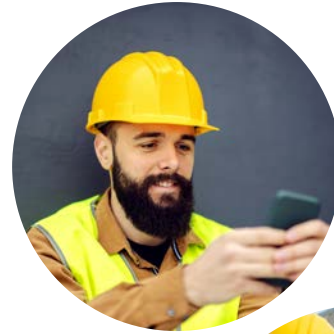
In-the-Moment: Instead of staying overwhelmed, Joe connects with a caring coach for immediate support.

2-Minute Response from Coach

- Helps him pause before reacting.
- Validates his emotions without judgement
- Guides him to re-frame the situation with perspective.
- Refocuses him on what he can control right now.

Outcome

- Joe regains calm and focus for work.
- Avoids a reactive communication
- Feels better and leave with a simple, thoughtful tool to address the conflict later.



Why Moments Matter

Real-time support turns emotional disruptions into clarity- protecting both wellbeing and performance.

Support Across the Mental Health Continuum



Clear thinking
Solution focused
Productive

Calm
Positive
Functioning

Worried
Frustrated
Distracted

Anxious
Depressed
Tired

Very anxious
Exhausted
Sickness



Coaches address life challenges in-the-moment for clear perspective



*Described by National Institute of Mental Health (NIMH), CDC, WHO as a dynamic continuum of levels of wellbeing and distress that can change over time based on stress, life circumstances and individual coping mechanisms.

Quarvis Health Solution

Our solution is proactive to meet people much earlier in the midst of complex issues or difficult emotions to help them deal with whatever is weighing on them so they can be clear headed, present and productive before it becomes an expensive clinical issue.



MULTI-CHANNEL COACHING AND NAVIGATION PLATFORM

supporting employees holistically across a broad spectrum of life issues



REDUCES STRESS AND ANXIETY

Improving employee's mental and physical health



PERSONALIZED NAVIGATION

to benefits and services that meet employee needs



DATA INSIGHTS

providing real-time analysis featuring sentiment score

Outcomes



Cost avoidance: 14% reduction

3rd party claims analysis: Early intervention decreases costs



High engagement: 29%

Instant access to a solution for mental health & chronic conditions



ROI of 4.6:1

Productivity, absenteeism, quality of life, retention



61% successful referrals

Highly effective recommendations by understanding member's goals



Leadership decision support

Data analytics, real time population insights, benefit design



Driving Outcomes

92% of users reporting improvement; 77 NPS

From Quarvis Health's book of business

Break Down Barrier & Avoid Costs

Earlier engagement = lower severity & better outcomes

Immediate access to trained coaches. Convenient text-based support in-the-moment stress hits without barriers.

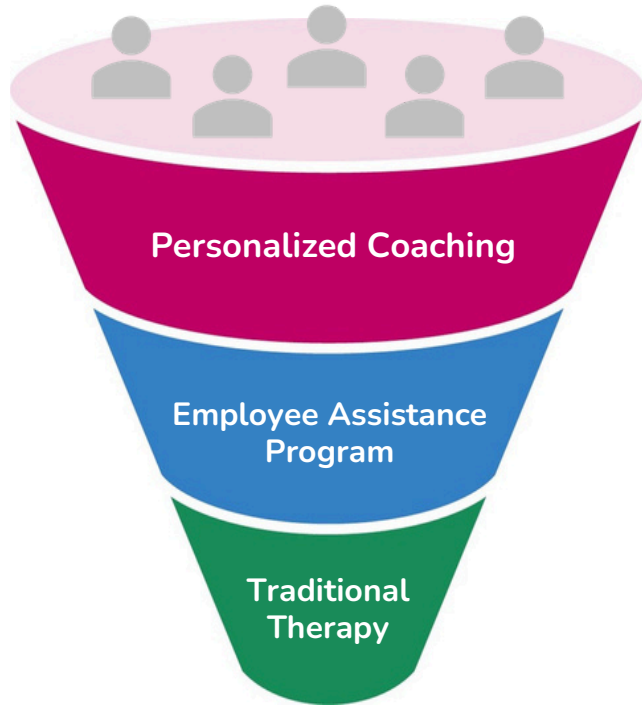
Awareness and proactive engagement: stepped care to existing benefit resources including EAP when clinical care is needed.

Lower Cost and Better Outcomes: A new model that unifies wellness programs and employee assistance into a seamless path of support to improve focus and productivity

Extended Eligibility: Support for the entire family-employee, spouse, dependents 18+, and parents and parents-in-law to support retention and culture.



Mental Wellbeing Coaches vs Therapists



Stress and anxiety are on the rise making early intervention to mental health support crucial.

Benefits of Coaching

- More accessible and affordable to complement to bridge into therapy.
- Help to improve emotional wellbeing to address everyday life challenges (anxiety, relationship issues, stress management, sleep issues, burnout, life transitions, communication and healthy life goals)

Therapists

- Explore deep-rooted psychological issues.
- Schedule appointments with clinicians.
- Treat diagnosable conditions.
- Limited availability, financial barriers and stigma.

Early Intervention

Access a comprehensive suite of resources to designed to support mental and emotional well-being.



Employees, spouses, children (18+),
parents and parents-in-law!

 **24/7 Text-Based
Coaching**

Immediate

Private

Personalized



Download the Sibly App
and use the **code:**
ABC-123

 **# Therapy
Sessions**

Virtual

Video, phone or chat

VISIT:

myqh.personaladvantage.com


Enter **ABC Group** in
company name

Click on the EAP section under
Explore Your Benefits for access

OR

Face-to-Face

Call 866.650.5599
Receive therapist options in
your area.

 **Unlimited
Telephonic EAP
Support**

Short term counseling

CALL: 866.650.5599



 **Online
Work/Life
Resources**

**Access tools for
guidance**

Articles

Webinars

Videos



VISIT:

myqh.personaladvantage.com

Enter **ABC Group** in
company name



Our Coaches

- **A highly scalable pool of coaches** with bachelors or masters degrees in Psychology or related field
- **Effectively screened** for empathy and coachability and followed by a 6-week training program certified by the American Psychological Association
- **Trained in** motivational interviewing, cognitive behavioral tools, mindfulness techniques, crisis triage
- **Aided by** rigorous and ongoing human and AI oversight
- **Accessible 24/7** for in the moment support through a unified messaging experience
- **Supported by** on-call PhD experts available around the clock

Live Human Coaches at Your Fingertips, 24/7/365, in 2-Minutes

Real-Time Support Increases Access, Awareness and Engagement is Ongoing and Unlimited

Value of Anonymity

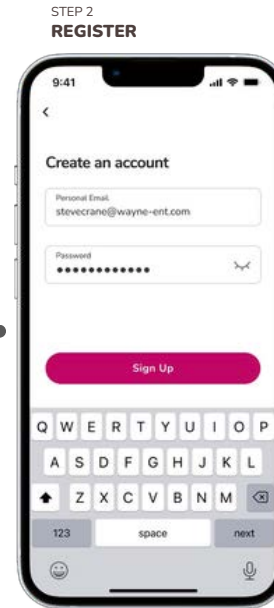
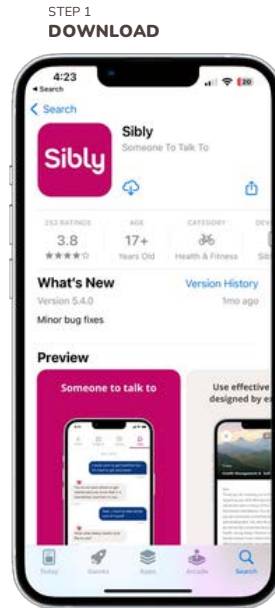
Less Time Consuming

No Appointment

Greater Accessibility

More Privacy and Convenience

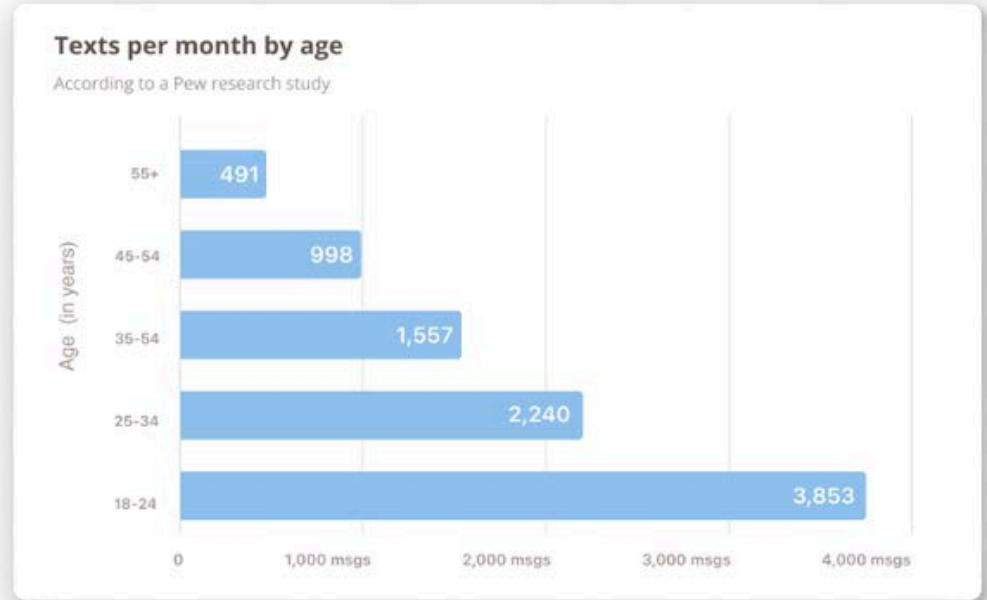
Subclinical early support



Communication Culture Has Shifted

5x more texts sent over calling for Americans*

97% of Americans send 1 text message per day**



*Pal Desk
**Pew Research Study

Pew Research Study

The Solution – Sibly by Quarvis Health

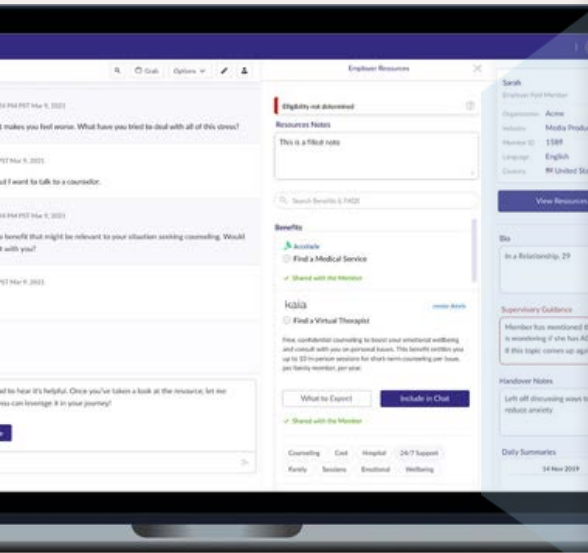
Multiple access points for when support is needed to address life challenges

- **Immediate**, unlimited 24/7 evidence-based mental health coaching to address life's daily challenges
 - **Text-based** interaction streamlines experience.
 - **Unique & Actionable Insights** to hear what's not being said
 - **Benefits navigation** to and aligning with your resources to increase utilization and outside resources when needed.
-
- **EAP Therapy Network** for total solution more effective at a more affordable rate.
 - **Disruptive Event Management**

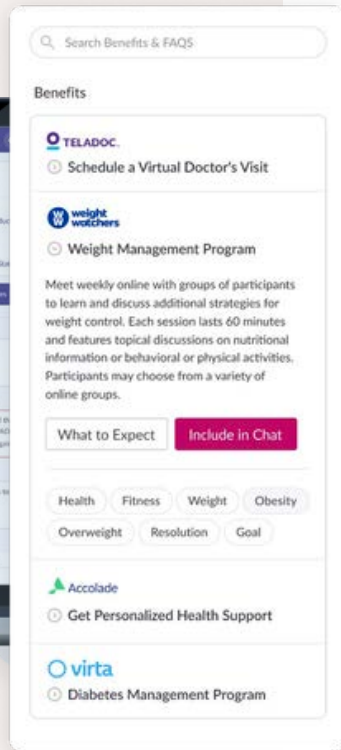


How Quarvis Health Fits Into Your Ecosystem





Coaching Dashboard



Tech-Enabled Coaching and Navigation

Referral rates better than leading navigation solutions



Connecting to your programs & your ASO client vendors:

- EAP
- Health Programs
- Wellness Resources



Personalized resources & Quarvis Health proprietary content for:

- Anxiety
- Depression
- Stress
- Chronic health concerns

Unique & Actionable Insights

Hear What's Not Being Said

Keep a constant pulse of your members changing concerns using Quarvis Health's proprietary insights



FAMILY

15.5% Parenting
10.1% Difficulty
9.7% Celebrate
9.0% Care



MENTAL HEALTH

11.5% Mental Illness TX
9.3% Anxiety, Panic, Depression
6.4% Drinking



WORK

10.5% Job Stress –Negative Emotion
10.1% Job Career
10.0% Team Project Management
8.9% Work Coping



GUIDED TOPICS

5.3% Religion
5.1% Happy, Fun
4.9% Relax
4.5% Friendship
2.9% Disability
2.3% Legal
2.2% Racism



LOVE

15.7% Love Hope
8.7% Relationship Vulnerable



HEALTH BEHAVIORS

13.2% Physical Activity
11.0% Weight, Diet



NEGATIVE EMOTIONS

11.5% Irritation Relation
10.6% Sadness, Pain & Loss
10.2% Loneliness
8.5% Worry & Self Doubt
7.0% Anger



RELATIONSHIPS

11.5% Relationship Reciprocal
8.9% Relationship Analysis
6.9% Relationship Dating Friends

From Quarvis Health's book of business

Digital Work-Life Resources

Life Advantages will provide a customized website containing best-in-class content licensed from third parties.



Content Library

Provides over 15K resources to members.



Support for Major Life Events

Navigate any major life event with training courses, expert-lead webinars, articles, videos, calculators, legal forms, and more.



Training Library

Online, self-paced, soft skill courses and expert-led webinars with custom completion certificates.



Robust Reporting

Detailed and robust reporting that provides meaningful metrics about site utilization.



MyQH.PersonalAdvantage

Demo Access: Enter MYQHDEMO for Organization Name

EAP Therapy Network -Optional or Align with Your EAP

Access to the largest network of therapists in the industry, offering quality mental health services with unparalleled coverage, availability & member satisfaction



Largest network

35,000 and counting therapists on the platform



Communicate your way

Enjoy live sessions via video, phone, and live chat



Match within 24 hours

88% of clients are matched within 24 hours



Robust reporting

Live & robust utilization reporting with all the details you need

Disruption Response & Recovery

Our Solutions



Disruptive Event Management

Immediate, onsite or virtual, expert assistance that helps organizations and their people recover following critical incidents.

- Rapid, scalable event response plans
- Nationwide provider network



TeleOutreach & TeleSupport

Convenient and cost-effective behavioral health support for individual employees following a workplace disruption.

- At-scale and at-speed telephonic services



Fitness for Duty Evaluations

Personalized psychological assessments that provide an unbiased evaluation of an individual's ability to safely perform their job duties.

- Best-practice, individualized assessments
- Comprehensive summaries to inform next steps

Help Your Organization To



Respond and recover to a workplace disruption



Provide your teams with access to the support they need



Equip leaders to make informed and defensible employment decisions

Implementation and Member Communications

Implementation 15 - 30 days

Integration & Training with Key Groups

- Marketing/communications
- Operations
- Data analytics
- Project lead/team
- People leaders

Launch

First 30 days after "Go Live"

Call to Action

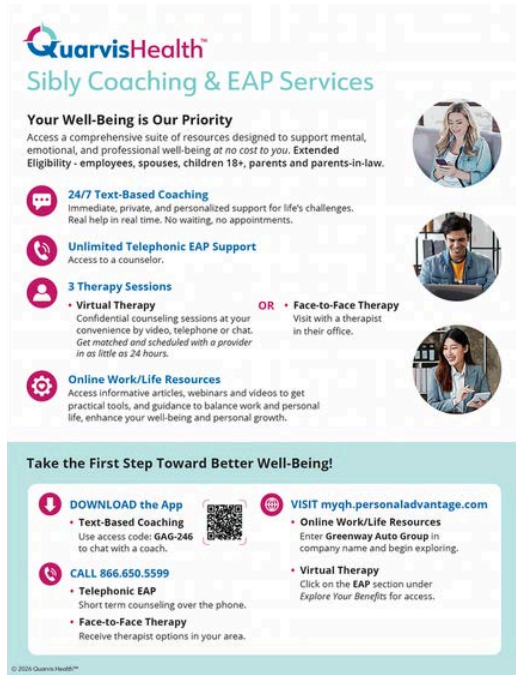
- Ecosystem deployment
- Member launch campaign
- Digital integration
- Customized marketing & communication collateral
- Sibly overview webinars

Annual Strategy Post Launch

Integrate Sibly into Ecosystem

- Monthly member awareness/education
- Incorporate data insights into quarterly strategies
- Sibly sponsored incentive campaigns

Sample Launch Collateral



QuarvisHealth
Sibly Coaching & EAP Services

Your Well-Being is Our Priority
Access a comprehensive suite of resources designed to support mental, emotional, and professional well-being at *no cost* to you. **Extended Eligibility** - employees, spouses, children 18+, parents and parents-in-law.

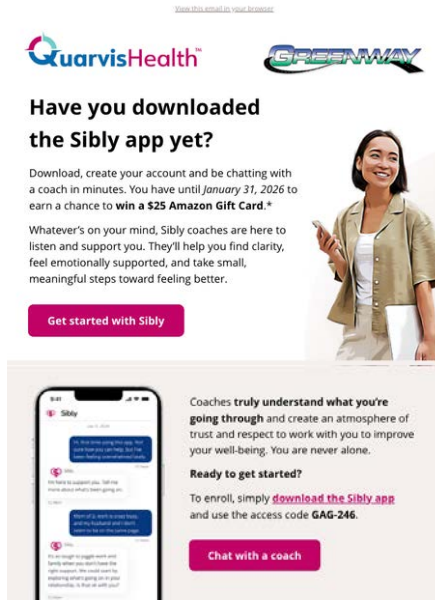
- 24/7 Text-Based Coaching**
Immediate, private, and personalized support for life's challenges. Real help in real time. No waiting, no appointments.
- Unlimited Telephonic EAP Support**
Access to a counselor.
- 3 Therapy Sessions**
 - Virtual Therapy**
Confidential counseling sessions at your convenience by video, telephone or chat. *Get matched and scheduled with a provider in as little as 24 hours.*
 - OR**
 - Face-to-Face Therapy**
Visit with a therapist in their office.
- Online Work/Life Resources**
Access informative articles, webinars and videos to get practical tools, and guidance to balance work and personal life, enhance your well-being and personal growth.

Take the First Step Toward Better Well-Being!

- DOWNLOAD the App**
• **Text-Based Coaching**
Use access code: **GAG-246** to chat with a coach.
- CALL 866.650.5599**
 - Telephonic EAP**
Short term counseling over the phone.
 - Face-to-Face Therapy**
Receive therapist options in your area.
- VISIT myqh.personaladvantage.com**
 - Online Work/Life Resources**
Enter **Greenway Auto Group** in company name and begin exploring.
 - Virtual Therapy**
Click on the **EAP** section under **Explore Your Benefits** for access.

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Posters & Flyers



View this email in your browser

QuarvisHealth **GREENWAY**

Have you downloaded the Sibly app yet?

Download, create your account and be chatting with a coach in minutes. You have until **January 31, 2026** to earn a chance to **win a \$25 Amazon Gift Card.***

Whatever's on your mind, Sibly coaches are here to listen and support you. They'll help you find clarity, feel emotionally supported, and take small, meaningful steps toward feeling better.

[Get started with Sibly](#)

Coaches **truly understand what you're going through** and create an atmosphere of trust and respect to work with you to improve your well-being. You are never alone.

Ready to get started?
To enroll, simply **download the Sibly app** and use the access code **GAG-246**.

[Chat with a coach](#)

Launch Email



Sibly by Quarvis Health™

Why is Sleep So Important?

- Improves focus, decision-making, energy, and emotional regulation**, all of which enhance workplace performance.
- Boosts immune function** by increasing cytokine production, reducing inflammation and forming immune memory.
- Decreases accident-related mortality**
- Regulates blood sugar** and decreases blood pressure reducing health risks.
- Poor sleep increases appetite** and cravings for high-calorie foods. Sleep deprivation is associated with higher BMI and obesity.

Through Sibly by Quarvis Health, you can securely and anonymously text with specially trained coaches who can help clarify thinking, set goals and process emotions - all through a confidential platform available 24/7. It's tailor-made to help give you a space to communicate with someone who understands how to listen.

[Chat with a coach](#)

To get started, **download the Sibly app** and use access code **XXXXXXX**.
Confidential, unlimited, and free to you!

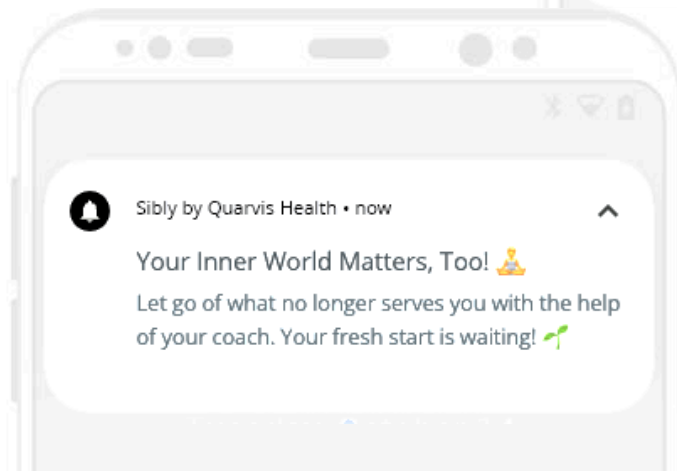
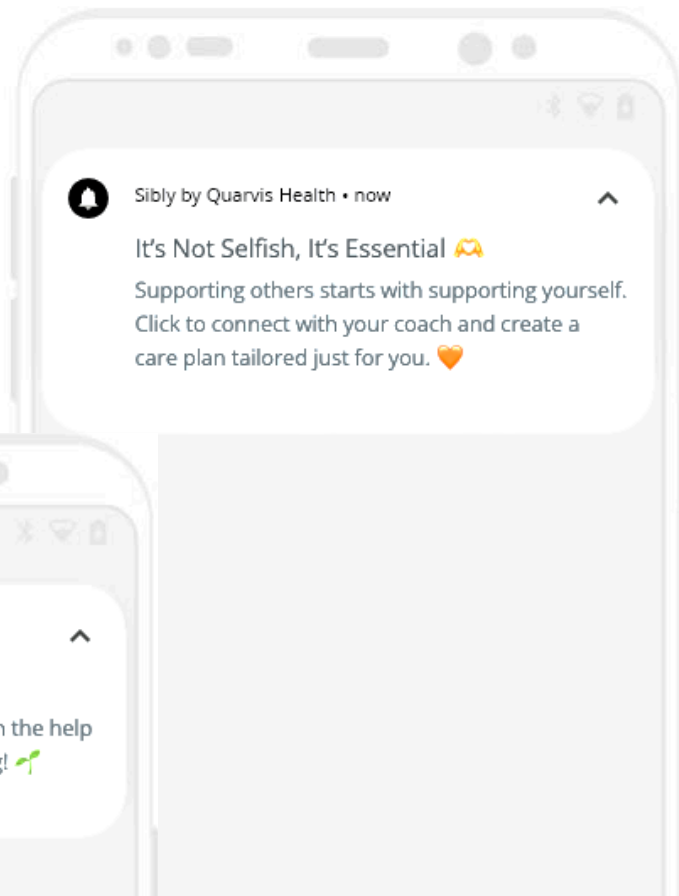
Sleep Health Learning Center

Sleep is the body's opportunity to repair and recharge—physically and emotionally. Getting more sleep—and getting good quality sleep—can be challenging. But there are some **simple things you can change** that don't require a lot of time that can make a big difference. Learn at your own pace by clicking on the **Visit now** button.

[Visit now](#)

Ongoing Communications

Sample Member Push Notifications



Thank you! Questions?

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