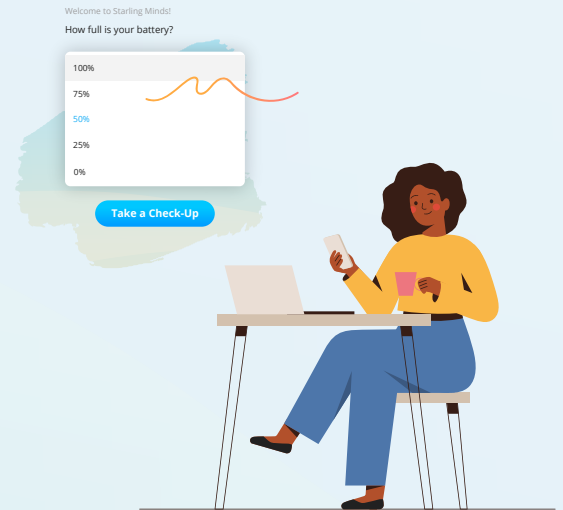## Introducing

# Starling Minds Mental Fitness

## Personalized. Proactive. Confidential. Free.

Starling Minds is a digital program to help you better manage stress, anxiety, burnout and depression. Take simple steps to help you lead a healthier, happier life.

Welcome to Starling Minds!
**How full is your battery?**

- 100%
- 75%
- 50%
- 25%
- 0%

**Take a Check-Up**

### How to get started

- ⊘ Go to member.starlingminds.com
- ⊘ Enter your access code: **MEMBER**
- ⊘ Enter your email address and create a password
- ⊘ Enter your profile information
- ⊘ Get started!

### How your family can get started

- ⊘ Family members 16 years or older can register
- ⊘ Go to member.starlingminds.com
- ⊘ Enter the access code: **FAMILYMEMBER**

Learn more
**members.starlingminds.com**

" This program has already made me think more deeply about my thoughts and feelings and where they are coming from. It's allowed me to kind of work beyond a road block and move forward on my journey."

# What Our Impact Is
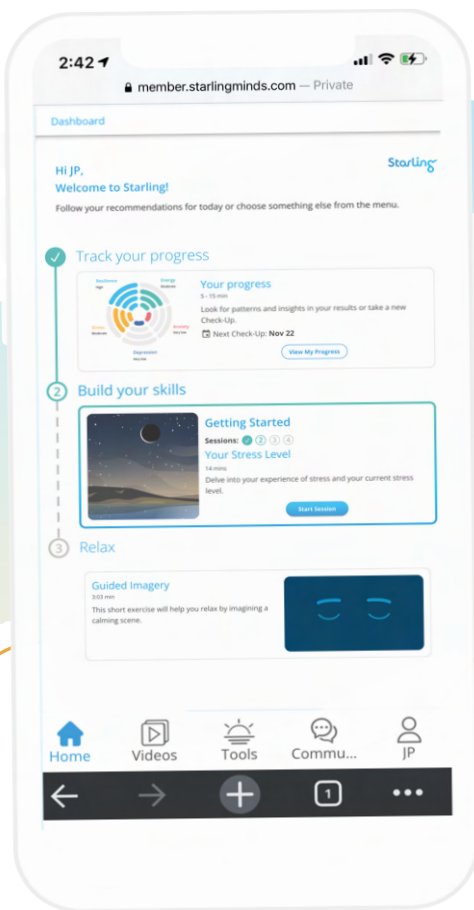
**90%**
agree Starling supported
their mental fitness

**76%**
improved their mental
fitness

**58%**
improvement in
anxiety scores

**61%**
improvement in
depression scores

## Our Key Features

### Homepage
Guides you through your daily training session

### Check-Up
Track changes to your energy, resilience, anxiety, and depression levels and uncover insights about yourself

### Training Sessions
Ten-minute sessions to help build the tools, skills, and knowledge you need to improve your mental fitness

### Exercises
Easy, bite-sized versions of our training sessions to fit self-care into your busy life

### Mental Toolbox
Set of tools to help you set goals, track your progress, balance negative thoughts, and regulate moods

### Webinars
Live training sessions to help you build more mindfulness with different strategies and breathwork

### Community
Share your story and find peer support and encouragement anonymously

# Privacy and Security

Our program is highly secure. To further safeguard your personal information, an anonymous codename will be selected by you for program use. Only those persons that directly provide services or member support have access to any of your personal information, and may only access that information in order to support you.