

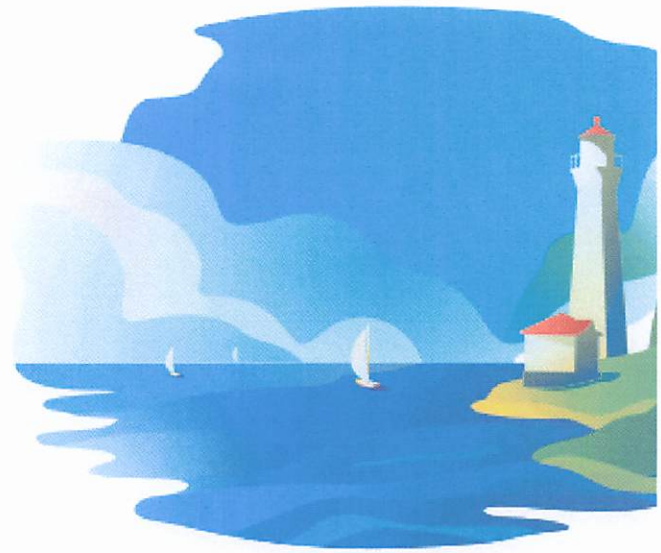
# Starling

Introducing

## Starling Minds Mental Fitness

Personalized. Proactive. Confidential. Free.

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



### How to get started

- ✓ Go to [epc.member.starlingminds.com](https://epc.member.starlingminds.com) or scan
- ✓ Enter a new password
- ✓ Enter your profile information
- ✓ Select a codename
- ✓ Get started!



### 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.

Download our app:



## Key Program Features

### Homepage

Guides you through your daily training session

### Explore Page

Explore a personalized space designed to help you thrive — with tools, strategies, and resources to strengthen your mental fitness and well-being

### Check-Up

Take an assessment for stress, energy, resilience, anxiety, depression, and more. Track changes to your 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

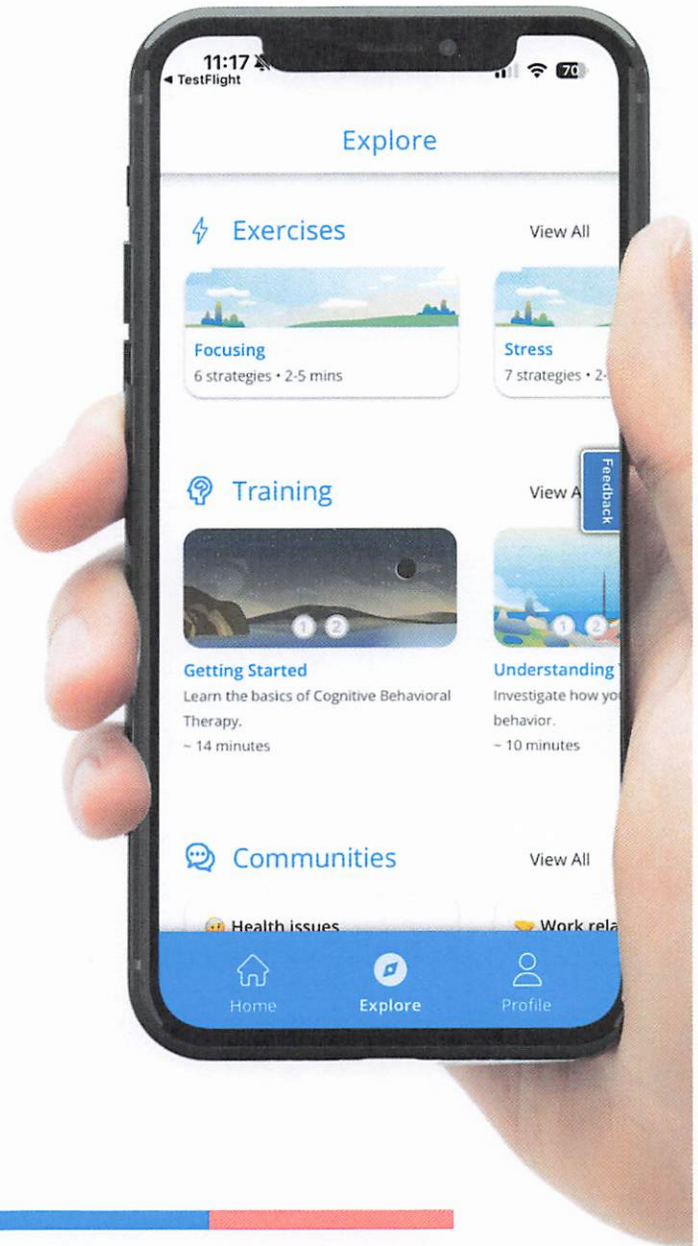
Set of tools to help you set goals, track your progress, balance negative thoughts, and regulate moods

### 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



**90%**

Starling supported their mental fitness

**58%**

improvement in anxiety scores

**76%**

improved their mental fitness

**61%**

improvement in depression scores

" 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 is Starling Minds?

Starling Minds is a confidential, self-guided digital program that helps you identify the thoughts and feelings of stress, anxiety, or depression. It helps you build the knowledge, skills and tools you need to better manage your mental health through our checkups, exercises, educational videos, guided training sessions, and peer community.

## Who can use Starling Minds?

Starling Minds is for individuals and any family members 16 years or older who want to improve their mental fitness.

## How will it help me?

Starling makes it easy to learn and integrate practical strategies into your daily life so you can get your mental health back on track. In just a few minutes, our program will guide you through the sessions so you know exactly what you need to do to get better. As you work through the sessions, the program will adapt to your needs and tailor recommendations and insights just for you.

## Is my information in the program private and secure?

Our program is 100% secure. We do not sell any of your personal health information to anyone. You'll select an anonymous codename for posting in the community.

## Can I use this program while taking medication or seeing a psychologist?

Yes, Starling is an educational program that is based on Cognitive Behavior Therapy. It's a helpful tool to use alongside medication and/or in-person therapy.

## Can I access Starling on my phone, tablet or computer?

Yes, our programs are accessible to anyone with a smartphone, tablet, or computer. This makes our programs readily available whenever and wherever you are.

## How can I gain access?

- ✓ Go to [epc.member.starlingminds.com](https://epc.member.starlingminds.com) or scan
- ✓ Enter a new password
- ✓ Enter your profile information
- ✓ Select a codename
- ✓ Get started!



**Got questions? Email [members@starlingminds.com](mailto:members@starlingminds.com).**

---