



CABANA

Single session interventions and discrete professional support designed to engage your workforce at all levels.



Virtual Services Overview

A Modern Approach for a Modern Workplace



Meet Cabana - the nation's first single-session mental health benefit, providing moderated and discrete group-based support and self-guided learning for mental health challenges designed to engage your workforce at all levels.

The makings of a perfect storm.

Rising medical insurance premiums, increased employee expectations for mental health support, and an abundance of "ghost networks" contribute to significant delays in mental health support.

Help Those You Serve

For employers who want to offer robust mental health support without an upfront financial burden, Cabana can help.

\$13,000

The average employee health insurance premium. *Kaiser Family Foundation*

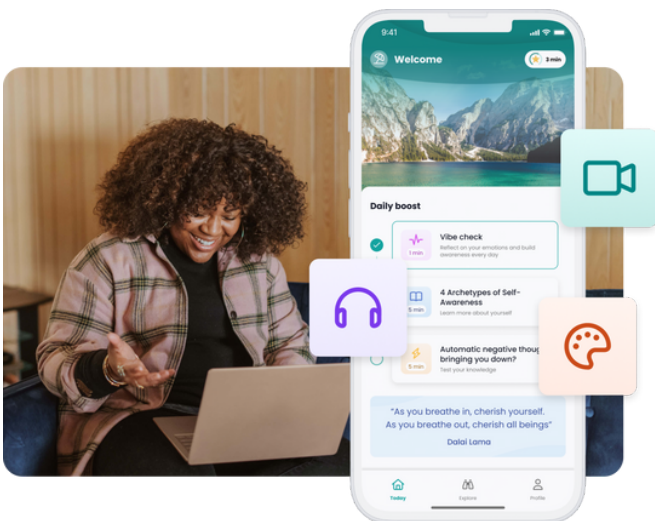
38%

The percentage of low income employees who forego healthcare due to financial concerns. *Gallup*

6x

Employees are **six times more likely to access out of network services for mental healthcare** than any other health expense. *Health Affairs*

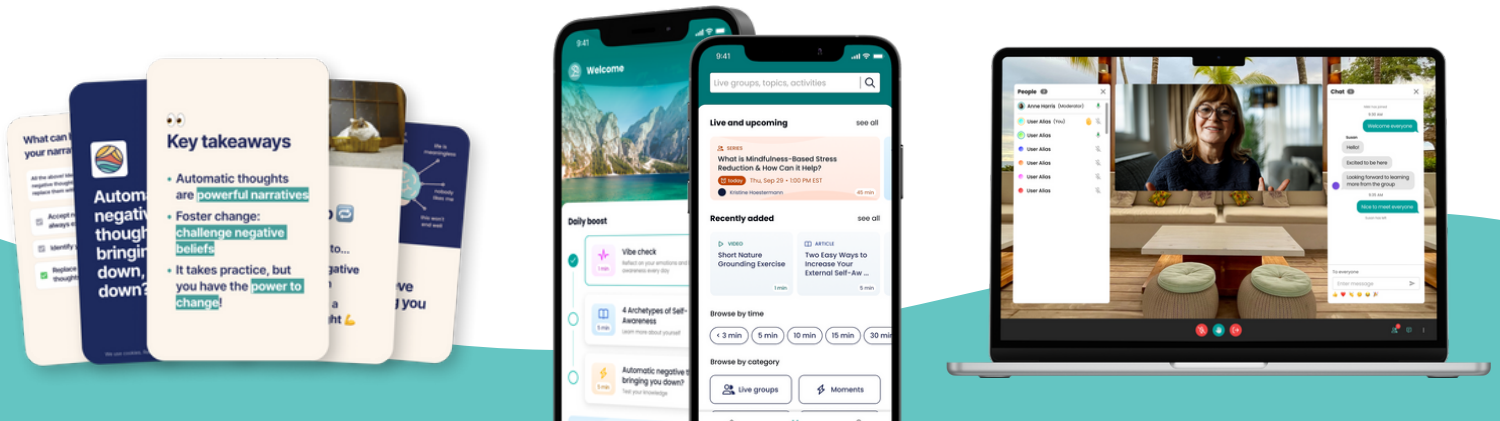
Introducing the Nation's First Voluntary Mental Health Benefit



- **Unlimited daily drop-in support**, live group discussions, facilitated by licensed professionals.
- **Single-session model** designed for busy schedules; join live daily discussions with no copay and no commitment.
- **Learn skills from therapists** to manage anxiety, improve communication, prepare for difficult conversations, and help decision making.
- **Private and discrete**; anonymous discussions and no medical information required.

Guided Support, Developed and Delivered By Professionals

Therapist-created modules that help you overcome challenges and build skills. Unlimited virtual support days, evenings and weekends.



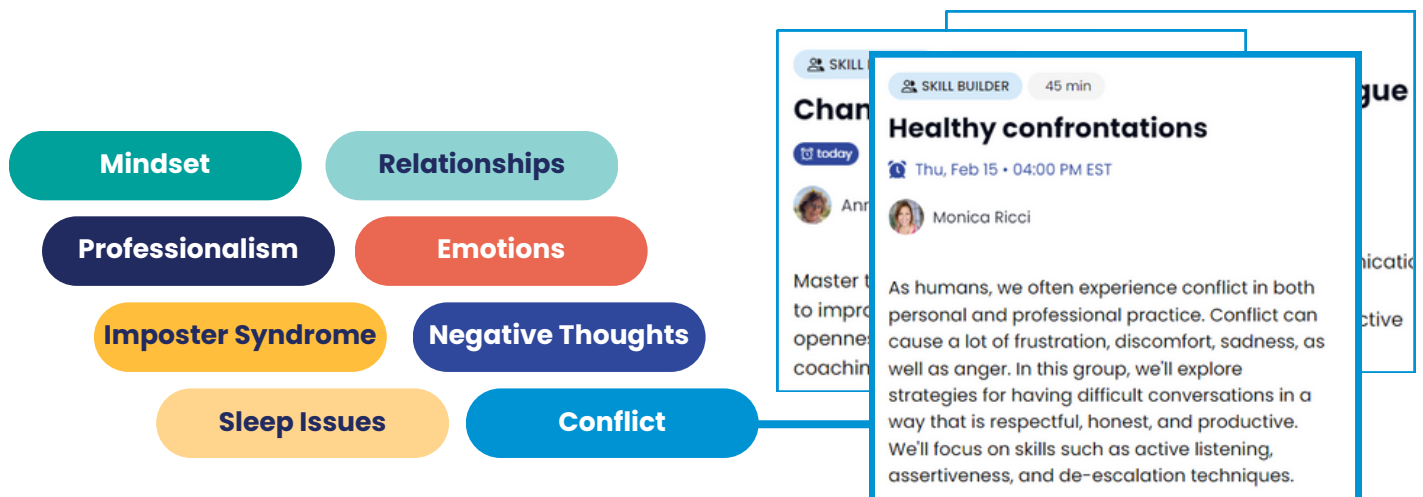
Bite-sized wellness modules

Daily support and development

Virtual live groups and coaching

Get Unstuck with Anonymous Live Group Classes

Cabana provides unlimited access to professionally moderated group support, problem solving and skill development classes, taking place every day, including nights and weekends. Cabana covers personal and professional challenges to help you get unstuck.



Mindset **Relationships**

Professionalism **Emotions**

Imposter Syndrome **Negative Thoughts**

Sleep Issues **Conflict**

SKILL BUILDER 45 min

Healthy confrontations

Thu, Feb 15 • 04:00 PM EST

Monica Ricci

Master to improve open coaching

As humans, we often experience conflict in both personal and professional practice. Conflict can cause a lot of frustration, discomfort, sadness, as well as anger. In this group, we'll explore strategies for having difficult conversations in a way that is respectful, honest, and productive. We'll focus on skills such as active listening, assertiveness, and de-escalation techniques.

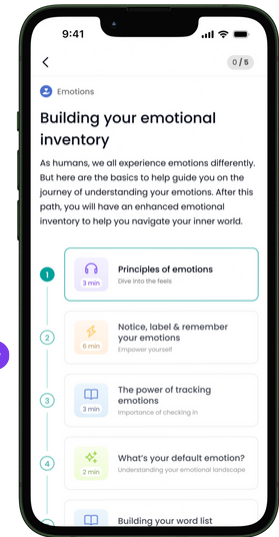
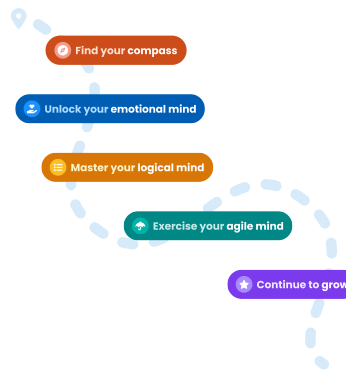
Manage Conflict and Communication Through Voyages

Voyages offer guided learning experiences based on scientifically-backed methodologies. Take a voyage when you have 5 or 15 minutes free in your day. Available 24/7, Voyages help individuals gain greater self-awareness and practical insights to manage their mental health.

Take Our **Balanced Self** Voyage

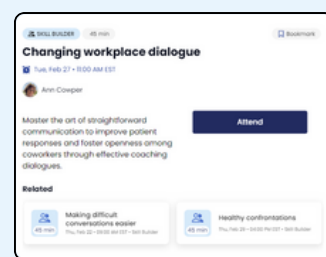
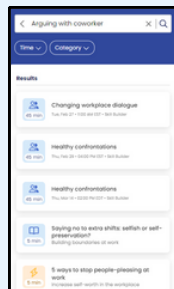
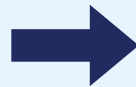
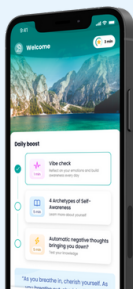
Developed from a mix of therapeutic modalities—including CBT, DBT, ACT, and Interpersonal Therapy

- **Explore your values** - Define key values that will guide you through life's ups and downs.
- **Navigate stress and anxiety:** Enhance your self-awareness and expand your collection of tools to manage stress and anxiety.
- **Track your progress:** Chart your progress as you navigate through voyages and identify areas for growth.



How it works

Enrollment in Cabana takes less than a minute and provides immediate access to live groups and self-guided content. Attend as many live moderated groups as you want - anonymously.



Create your account via our website or mobile app

Type an area of interest or browse skill areas

Register for a Group in one-click, no copy and no information required

Let's connect

Visit us at www.yourcabana.com

Let's connect

Transform your well-being strategy

Scan or visit yourcabana.com

