



A DIGITAL EAP PLATFORM WHERE EMPLOYEES DREAM BIGGER AND EMPLOYERS SHINE.

Give your organization a competitive edge with **Be Better NOW**. It offers employees a quick, easily accessible and science-based approach to help with their top stressors. It gives your organization an improved bottom line through enhanced performance and productivity, and reduced costs due to absenteeism and presenteeism. **Be Better NOW** is an affordable best practice therapy program that will boost your organization's well-being initiatives.



We Help People
Be Better at Work.

[Sign up for a demo.](#)





Increase the value of your EAP investment by adding **Be Better NOW**. In a growing self-care society, **Be Better NOW** can play a crucial role to drive employee engagement, productivity and retention.

INTEGRATING BE BETTER NOW AND FIRST SUN EAP CAN HELP ORGANIZATIONS COMBAT THESE CHALLENGES:

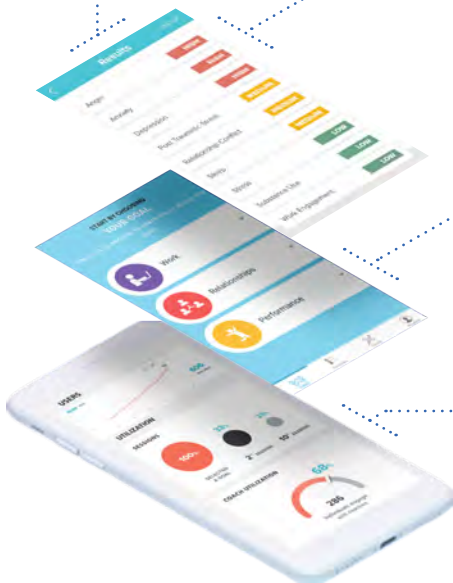
Workplace stress costs employers
\$500
billion annually

At least
1 in 10
employees are absent on average

More than
40%
of all workers face high stress in their jobs

Millennials spend almost
2x
as much on self-care as baby boomers

82%
of participants showed reduction in anxiety symptoms



EMPLOYEE ASSESSMENT

- Identifies behavioral health issues like stress, anxiety, depression, relationship conflict, anger, sleep, substance use, work engagement, and more
- Allows employees to set goals and learn CBT and mindfulness techniques any time, anywhere
- Provides seamless support by using the app for self-directed learning or calling First Sun EAP to work with a counselor to help reach their goals

INCREASE EMOTIONAL WELL-BEING

- Evidence-based tools, created by experts, to help keep employees productive and resilient
- Techniques to deal with stress, depression and anxiety
- More than 30 modules and 500 videos addressing cognitive behavioral therapy, mindfulness and positive psychology
- When stressors arise, employees can complete lessons in 5-10 minutes and track their progress

SEAMLESS IMPLEMENTATION AND TIMELY COMMUNICATIONS

- Rollout is seamless for employees and employers
- Regular reminders, emails and flyers for employees to prompt engagement
- Aggregate reports for employers to show engagement, ROI and key results

You can now offer a new set of services to your employees, one that combines the in-person and online EAP services you value along with the **Be Better NOW** well-being platform. Maximize employee engagement and performance crucial to your organization's success. [Set up a short demo.](#)

