



Connecting your employees to holistic wellness

There is a strong link between your employees' financial and mental well-being and how they bring their best selves to work. They are not alone: 70% or more of workers expect their employers to play a role in their overall well-being.¹

At Prudential Group Insurance, we believe that holistic wellness happens when employees adopt behaviors that result in:

- Improved physical and mental well-being
- Greater equity in society
- Decreased financial concerns

When employees experience this, it can also create positive outcomes for employers:

- Improved productivity and retention
- Reduced absenteeism
- Optimized benefits spend



80% of workers say financial challenges have had a negative impact on their physical and mental health.*

Let's improve holistic wellness for employees, together.

Prudential's full suite of holistic wellness solutions and tools can help:

Mental/Behavioral Health Tools

Behavioral Health/Self-Care Management App

Resources include wellness guides, stress management tools, and skill-building activities.

Caregiving Solutions²

- Digital platform to plan, organize, and manage care for loved ones.
- Concierge services for hands-on support in balancing work and caregiving obligations.

Mental Health Training

Manager training/vendor integration reduces stigma and increases mental health needs awareness.

Financial Wellness Tools

Holistic Financial Education

Engage all employee demographics with on-site and virtual financial education via group seminars, webinars, and 1:1 meetings.

Well-being Hub

A digital destination for credit, debt management, caregiving, and student loan counseling at your employees' fingertips.

Student Loan Counseling

Student loan counseling via a certified financial counselor helps employees explore repayment options and build a realistic budget based on particular needs.³

Credit Counseling & Debt Management

Credit counseling and debt management are also included as part of the long-term disability claims process.⁴

Medical Debt Counseling, Housing Counseling, and Credit Report Review

Medical Debt counseling explores options to navigate an overwhelming situation and Housing counseling for home purchase and rental issues.⁵

Portability and Conversion Support

Helps transitioning employees understand available options to maintain their life insurance coverage.

For qualifying Group Insurance customers.

Our offering is also curated to address the needs of underserved markets, help close wealth gaps, and help you to support the diversity, equity, and inclusion needs of your workforce.

A program backed by meaningful results:

For employers

Participation rates

Clients using our holistic wellness solutions experience better enrollment outcomes than clients who don't⁶

Maximized benefits

97% of employees who attended a financial seminar plan to maximize their employee benefits⁷

Reduced stress

77% of employees report they are more engaged and less stressed at work⁸

For employees

Credit Counseling

Median Credit Score Impact of 29 and 43 points at 6- and 12-months post counseling⁹

Housing Counseling: 84% of survey respondents who received mortgage delinquency counseling said their confidence in their ability to reach their financial goals increased as a result of working with GreenPath¹⁰

Disability Contact Center Clients: 48% of clients counseled by GreenPath had an increase in their credit score six months after their initial counseling session¹¹

75% of Prudential claimants reported reduced anxiety/depression symptoms after engaging with the NeuroFlow app¹²

Contact your Prudential representative to learn more.

*Source: SoFi at Work and HR research advisory Workplace Intelligence 2022 Employee Survey Data.

1 Data based on John Hancock research, "Another rising cost for employers: Financial Stress." February 2022. 2 Includes access to 1:1 support. 3 Includes access to 1:1 support. 4 Includes access to 1:1 support. 5 Includes access to 1:1 support. 6 Internal Book of Business data from December 2019 – March 2022. 7 Results based on feedback provided by 76,225 participants from January 2015 through September 2021. 8 Prudential Book of Business, 2023. 9 GreenPath/Prudential data as of 12/31/2023. 10 GreenPath/Prudential data as of 12/31/2023. 11 GreenPath/Prudential data as of 12/31/2023. 12 NeuroFlow Reported Results, 2022.

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