

Mental well-being is top of mind. MOBE puts it front and center.



The times call for a smarter way to invest in mental health. It takes more than a point solution to effect real and lasting change. MOBE® addresses all aspects of a person's well-being—physical and mental in tandem—with human connections. MOBE Guides build relationships with people, talking weekly or at the person's desired pace.

Mental well-being: The common thread.

MOBE Guides and Pharmacists integrate mental well-being into every conversation because mindset, emotional health, and social stressors affect one's ability to make meaningful lifestyle changes—and vice versa.

NUTRITION

A diet consisting of whole foods has a therapeutic effect, improving mood disorders.

PHYSICAL ACTIVITY

Exercise promotes the natural production of essential neurochemicals, lessening depressive symptoms.



MENTAL WELL-BEING

Continual attention to how someone feels and functions emotionally is key to building mental resilience and reducing stress and anxiety.

MEDS

Support around medications used for anxiety and depression—and all meds a person is taking—ensures safety, addresses side effects, and optimizes effectiveness.

SLEEP

Quality sleep may minimize mood disorders, chronic illness, and fatigue.

Things to consider:

- 1 Does your company offer a mental well-being solution and if so, does it incorporate nutrition, physical activity, sleep, and medication guidance?
- 2 Does your mental well-being solution focus on making a human connection that motivates health behavior change?
- 3 Do your people have frequent and on-the-go access to mental well-being support and can it be personalized to their needs?
- 4 Do the solutions you offer evolve and adapt as a person's circumstances and health needs change?



“MOBE focuses on who I am as a person rather than just isolating me into a physical being. The more mentally well you are, the more resilient you can be, and I'm essentially recovering from my burnout.”

—Carol



“MOBE is life-changing and effective. I had someone who cared about me. The support kept me going and pulled me out of a deep pit.”

—Carlos



“I'm having less stress and am feeling better. Work is better. MOBE is so multifaceted.”

—Koshie



Prioritize the mental and physical health of your people. Contact us today.

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