



## Confidential Certified Life Coaching and Counseling Services



Your mental well-being is the foundation of a healthy, fulfilling life. When challenges arise, early support can make a difference. Bree Health provides confidential Certified Life Coaching and counseling to help you navigate life's ups and downs with confidence.

- **Professional Guidance:** Access Certified Life Coaches and counselors for stress, anxiety, relationships, career growth, and more.
- **Flexible Sessions:** Schedule time with a Certified Life Coach through the Bree Health app, or connect with a mental health professional via phone, video, chat, or text—whenever and however works best for you.
- **Personalized Care Matching:** Bree Health helps match you with the best mental health professional based on your specific needs and goals.
- **Confidential & Secure:** Your privacy is protected under strict HIPAA guidelines, ensuring complete confidentiality.

**Access Barrier-Free Mental Health Resources via the Mobile App.**



 (800) 327-2255

 [login.breehealth.com](https://login.breehealth.com)

 Mobile App: Bree Health



# Navigating Healthcare with Confidence



Navigating the healthcare system can be complex, but Bree Health provides expert guidance to help you understand and maximize your healthcare benefits. Our confidential health advocacy services assist with resolving medical billing issues, insurance questions, and prescription coverage concerns—so you can focus on your well-being.

- **Billing & Claims Assistance:** Get help resolving medical billing errors, disputing charges, and appealing denied claims.
- **Insurance & Benefits Guidance:** Understand your coverage, compare insurance plans, and receive expert explanations of plan details and terms.
- **Prescription Drug Coverage Support:** Navigate prescription costs, coverage options, and medication alternatives.
- **Personalized Advocacy:** Our experienced professionals offer confidential, one-on-one support tailored to your unique needs.

Log in to the Mobile App to access Health Advocacy resources.



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# Financial Resources



**Managing finances can be challenging, but Bree Health provides expert financial consultations and resources at no cost to you. Get guidance on a wide range of financial topics to help you plan, save, and manage debt effectively.**

- **One-on-One Financial Consultations:** Speak with a financial professional about budgeting, debt management, bankruptcy, student loans, credit issues, and more.
- **Free 90-Minute Consultation Per Issue, Each Year:** Receive personalized advice, answers to your questions, and a customized action plan.
- **Financial Tools & Resources:** Access budgeting calculators, educational webinars, and other financial planning tools through the Bree Health web portal and mobile app.

**Log in to the Bree Health Mobile App for financial tools and resources.**



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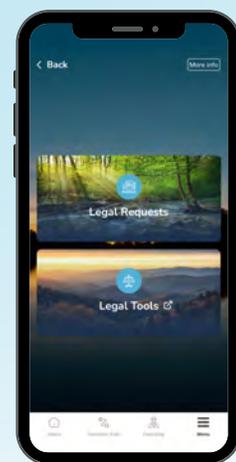
# Legal Resources



**Legal concerns can arise at any time, and Bree Health provides confidential legal consultations and resources to help you navigate important matters at no cost. Get expert advice from licensed attorneys on a wide range of personal and financial legal issues.**

- **Expert Legal Consultations:** Speak with an attorney about wills, marriage and divorce, personal injury, small claims, landlord/tenant disputes, immigration, motor vehicle issues, and more.
- **One Free Consultation Per Issue, Per Year:** Receive professional legal guidance tailored to your situation.
- **Exclusive Legal Discounts:** If you retain an attorney after your consultation, you'll receive 25% off select additional legal services.

**Log in to the Bree Health Mobile App for legal tools and resources.**



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# Personalized Support for Everyday Life



**Bree Health's Virtual Concierge Services save you time by providing research and recommendations for a wide range of everyday needs. Whether you're planning a trip, looking for family care resources, or relocating, our expert support helps simplify the process.**

- **Travel Planning:** Compare airfares, hotel rates, cruise options, and car rentals to find the best deals for your next trip.
- **Family Care Support:** Find trusted resources for childcare, including pediatricians and after-school programs, as well as eldercare services like home health care and assisted living options.
- **Relocation Support:** Research real estate listings, school districts, and moving services to make your transition easier.
- **Pet Care Services:** Locate veterinarians, pet sitters, and pet-friendly hotels to ensure your pets are well cared for.

**Access Barrier-Free Tools & Support via the Mobile App.**



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# Enhance Your Well-Being with Mindfulness



Bree Health's provides personalized guidance to help you cultivate mindfulness practices that improve focus, resilience, and emotional balance. Whether you're managing stress, navigating life changes, or building healthier thought patterns, our Solutions Paths, Video Library, and expert coaching will support your journey.

- **Mindfulness for Stress Relief:** Follow guided exercises and structured Solutions Paths designed to help you manage stress and enhance emotional resilience.
- **Focus and Clarity:** Utilize tools like the Bree Video Library to improve concentration and productivity with expert-led mindfulness techniques.
- **Building Healthy Thought Patterns:** Learn strategies to manage negative thinking and foster a balanced mindset through personalized coaching and self-guided resources.
- **On-Demand Mindfulness Tools:** Access guided meditations, breathing exercises, and expert-curated content anytime, anywhere to support your well-being.

**Access Barrier-Free Certified Life Coaching via the Mobile App.**



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# Tailored Support for Your Well-Being Journey

Your journey to well-being starts here—customized support, expert coaching, and guided resources, all tailored to your unique needs.



## Customized Resources

Find support tailored just for you with Bree Health’s Solutions Paths. Whatever life brings your way—stress, relationships, career changes, or just a desire to boost your well-being—Bree Health’s personalized approach connects you to resources, tools, and guidance designed to help you thrive.

## What Are Solutions Paths?

Solutions Paths are guided, customized journeys created to address your unique needs and goals. By choosing a category or typing in a personal challenge, Bree Health’s AI Branching technology builds a Solutions Path that fits where you are today, bringing together helpful resources and support.

## Solutions Paths Can Support You In:

- ✓ Career & Education
- ✓ Family & Relationships
- ✓ Spirituality & Religion
- ✓ Finances
- ✓ Physical Health
- ✓ Mental Well-Being



### Personalized Guidance

Solutions Paths offer curated resources—including articles, videos, and podcasts to help you tackle life’s challenges with confidence.



### Areas That Matter Most

Find support in areas like mental health, personal growth, family, finances, and physical well-being. No matter your focus, there’s a path that’s just right for you.



### Track Your Progress

Stay motivated as you see your progress on completing resources and experience growth toward your well-being goals.



### Weekly Happiness Boosts

Keep motivated and uplifted with encouraging messages from the Bree Health coaching team, designed to brighten your week.



### Easy Access to Expert Coaching

When you’re ready, connect seamlessly with certified coaches specializing in stress management, career guidance, and more. Choose a format that fits your comfort, from live chat to video sessions.



### Bree Health Video Library

Access guided meditations, relaxation exercises, and educational insights, all tailored to uplift and support your journey.



## PERSONALIZED SUPPORT FOR EVERY STEP OF LIFE'S JOURNEY.

### How to Get Started

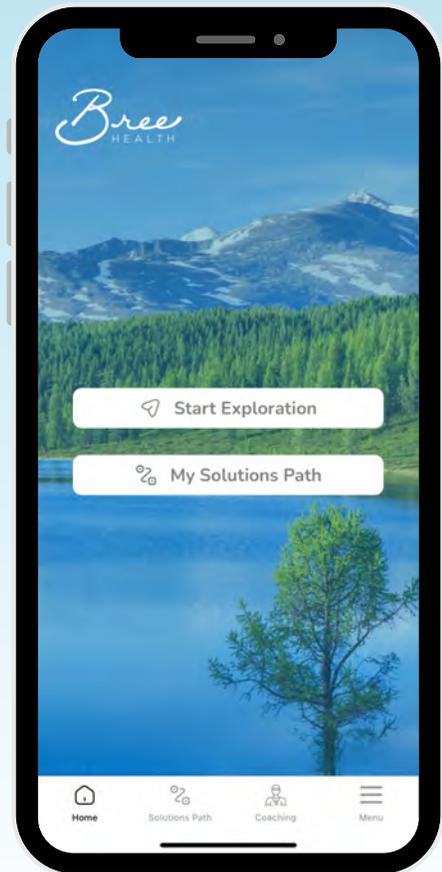
- Log in to Bree Health.
- Choose a category that resonates with you, or type in a specific challenge. Bree's smart AI will create a Solutions Path filled with the resources and support you need.
- Explore your customized path and track your journey toward a balanced, empowered life.

### Discover a New Approach to Well-Being

Log in to the Bree Health portal and let Solutions Paths guide you to a healthier, more fulfilling life. Start your journey today!



Download the app by scanning the QR code or find the Bree Health App on the Apple App Store or the Google Play Store.





# e-Learning Resources



Enjoy up to 60% off on entertainment, shopping, and travel through Bree Health's exclusive discount program, offered in partnership with Working Advantage. Take advantage of incredible savings on a variety of experiences and products for you and your family.

- **Entertainment & Attractions:** Save on movie tickets, theme parks, ski resorts, museums, zoos, aquariums, and more.
- **Theater & Live Events:** Get great deals on Broadway shows, concerts, sporting events, and family entertainment nationwide.
- **Harassment & Safety Training:** Access exclusive discounts on apparel, electronics, books, home goods, office supplies, and more from top retailers.
- **Shopping & Gifts:** Courses are available 24/7, allowing you to learn at your own pace from any device, whether at work or home.

**Log in to the Bree Health Website or Mobile App to start saving today!**



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