

HEALTHY-LONGER



MENTAL STRENGTH & RESILIENCE PROGRAM

FOR YOUR EMPLOYEES

- IMPROVES THE MENTAL STRENGTH & RESILIENCE OF YOUR EMPLOYEES WITH PERSONALIZED NEURO-NUTRIENTS FROM FOOD.
- REDUCES SICK LEAVE COSTS FOR YOUR COMPANY MORE EFFECTIVELY AND SUSTAINABLY THAN ANY OTHER FORM OF MENTAL INTERVENTION.

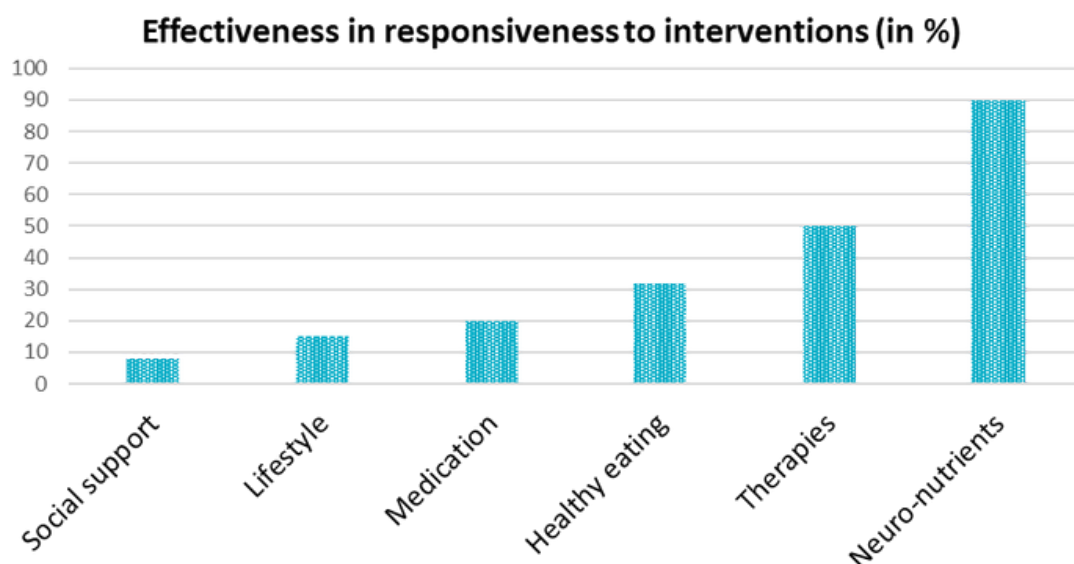
WHY IS OUR NEURO-NUTRITION PROGRAM IMPORTANT FOR YOUR EMPLOYEES?

Studies confirm that by 2030¹ more people will suffer from mental health issues, especially depression, than from any other disease¹. Already today, it is likely that 10 to 20% of the employees in your company take anti-depressants, sleeping pills, or sedatives.²⁻⁵ Absences due to mental health problems are longer than for any other disease (an average of 43 sick days per case in Europe, 28 sick days in the US).⁶⁻⁷

There are many services on the market that offer digital or physical mental health interventions and support for employees with mental health issues. At HEALTHY-LONGER, we support companies in building the mental strength and resilience of employees. By treating the root causes of deteriorating resilience and warning signs (susceptibility to stress, lower quality of sleep, deterioration of cognitive functions, etc.) we can act before poor mental health and its effects (illness, worsened performance, and sick leave) occur. Many scientific, peer-reviewed published studies confirm 3 important findings:

- When we eat, we primarily feed our brain and nervous system (20-40% of nutrients and calories we consume).⁸⁻¹⁰
- In Europe and the US, we lack up to 60% of the nutrients that are important for mental health, even if we eat healthy.¹¹
- Nutrition is the intervention with the highest effectiveness in improving our mental strength and resilience compared to any other treatment. Therefore, personalized neuro-nutrition can be used as stand-alone intervention to lay the foundation of mental strength and resilience, or as a starting point of other interventions to increase their effectiveness.¹²⁻²¹

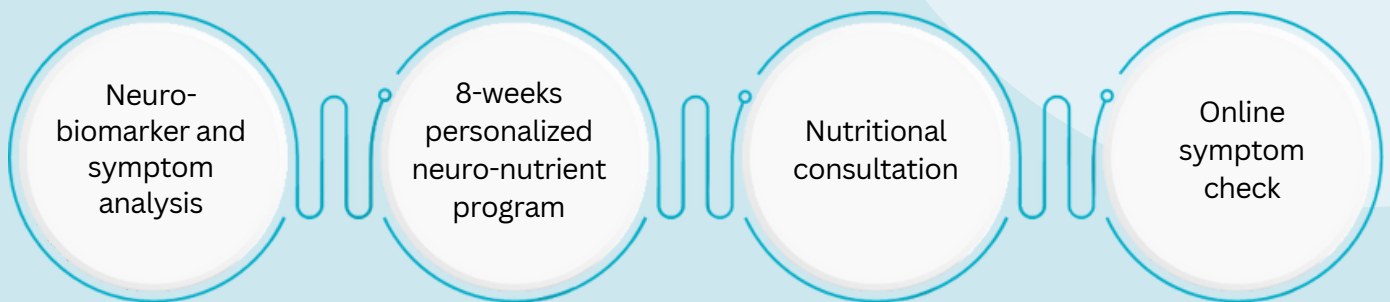
The chart below shows the effectiveness of neuro-nutritional programs in improving mental strength (as a stand-alone or complementary measure to support other interventions) in comparison to the other most common interventions:¹²⁻²¹



OUR MENTAL STRENGTH & RESILIENCE PROGRAM

combines the analysis of 21 neuro-biomarkers for nutrient deficiencies and a personalized neuro-nutrient program based on unprocessed food available in most grocery shops.

The program is available at CHF 179/month for a minimum of 3 months:



EMPLOYEE JOURNEY:

- 1 The employee confidentially orders the program online,
- 2 fills in our questionnaire regarding symptoms,
- 3 collects dried urine samples at home and sends them to our laboratory.
- 4 **Within two to three weeks the employee receives the following:**
 - A comprehensive digital report (please see a sample report on www.healthy-longer.com) with an analysis of the neuro-biomarkers and associated symptoms in 10 categories of mental strength and resilience (sleep, stress, burnout, anxiety, energy, appetite balance, self-regulation, low mood and depression, cognitive functions and neuroimmune system)
 - An assessment of neuro-nutrient deficiencies
 - An 8-week personalized, evidence-based, and easy-to-implement neuro-nutrient program
 - Neuro-nutritional consultation
 - An online symptom check to measure progress



All data is anonymous and confidential.

EMPLOYEE BENEFITS

- **Effective** improvement of mental strength and resilience
- **Preventive** - acting before the mental health deteriorates and its consequences (sick leaves, poorer performance, etc.)
- **Easy to implement** and a higher success rate – requires some additions to daily nutrition and not a complete lifestyle change
- **Available and affordable** - the program is built on inexpensive nutrients from unprocessed foods
- **All-natural**, with no risk for side effects
- **Anonymous data** - the company only knows who is participating in our program

EMPLOYER BENEFITS

- **Preventive** - opportunity to offer support before any other therapy is needed
- **Sustainable** - creates awareness of the correlation between mental strength and resilience and nutrition
- **Reduces costs** related to absences and mental weaknesses of staff
- **Employer differentiation** - as an employer who really cares
- **Anonymous, easy to implement, and low in overall cost**
- **No stigma** – no employee becomes "a person with mental health issues". Instead, it **encourages everyone to become a resilient mental health athlete**

NEXT STEPS

Would you like to hear more?

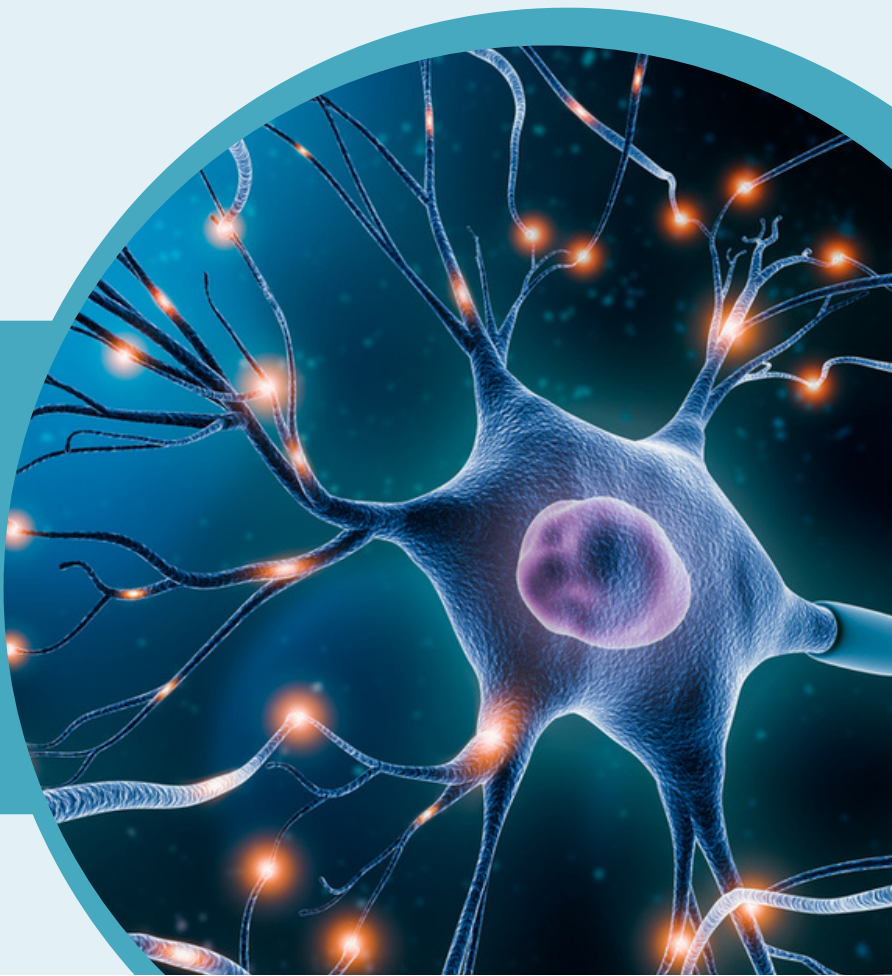
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