WHAT IS THE HAPPIFY PLATFORM? Happify is a website and an iPhone/Android app that offers leading-edge, evidence-based activities and games that help people:

- ✔ Reduce stress, depressive symptoms, and anxiety
- ✔ Overcome negative thoughts
- ✔ Improve resilience
- ✔ Feel better about their lives

WHY IS IT IMPORTANT?

How an individual feels matters. It impacts relationships, performance at work, and overall health and well-being. With today's demands, the struggle to balance work, home life and life's other challenges can lead to feelings of overwhelm and chronic stress. Happify's programs can help members take control of their thoughts and feelings and build important skills to help them fight stress, anxiety, and depression.

WHAT CAN HAPPIFY OFFER THAT CAN'T BE FOUND ON GOOGLE OR WEBMD?

Happify is an evidence-based tool that gives members immediate access to fun, scientifically-validated activities and interventions that help them feel more positive in the short- and long-term. Members don't just read about ways to feel happier or less stressed—they directly experience the benefits of these exercises while building valuable skills that can change their mood, their outlook, and their health.

HOW DOES IT WORK?

Once a member signs up for Happify, they are asked to take a quick assessment. This assessment helps provide recommended tracks as a starting place. Happify offers dozens of tracks, or 4-week programs, that are personalized based on the individual's specific needs and preferences. Programs and activities are "paced" to optimize benefits from the exercises.

When a member first starts a track or program, some activities and games immediately become available. Each day, more will be added or unlocked as they progress through the program.
Some of the types of activities within Happify include:

- ✔ Self-reflection exercises
- ✔ Real-world activities
- ✔ Quizzes
- ✔ Polls
- ✔ Guided meditations
- ✔ Games
- ✔ Self-assessments

HOW OFTEN SHOULD A MEMBER USE HAPPIFY?

We've found that those who engage with the Happify platform 2–3 x a week, for 8- to 14-minute intervals, see results. Members can complete assigned activities in their program or track, or they can choose a "free play" option where they can repeat a specific game, activity, or guided relaxation that may strongly resonate with them.

HOW DO MEMBERS ACCESS HAPPIFY?

Happify is easily accessible via web, and/or mobile device and is available to members 24/7. Members will receive an email with a link that they can use to enroll. For technical questions, members can email support@happify.com.

WHAT MAKES HAPPIFY SPECIAL?

- ✓ **Evidence-based and science-driven**. All the content on the Happify platform is developed by leading scientists, psychologists, and coaches in their fields and selected as representing the most effective, evidence-based approaches.
- ✓ **A multi-disciplined approach**. By bringing together the best practices within positive psychology, cognitive behavioral therapy, mindfulness, and engagement and gaming technology, Happify delivers programs and activities that are accessible, highly effective and most importantly, fun to use. Through the combination of disciplines, members have a much greater opportunity to find exercises that truly work for them. Within a matter of weeks, Happify users typically experience improvement and reduced symptoms related to stress, depression, and anxiety when they use the platform 2–3 times per week.
- ✓ **The power of play**. By playing games and/or completing exercises, members develop real skills for dealing with stress, anxiety, and depression. Each user's experience is also highly personalized. Programs and activities change and adapt based on the member's responses and preferences so that no two members have an identical experience.

> " I feel more appreciative about what my body can do instead of focusing on the things that hurt and the ways I'm limited due to my illness. It takes just a few minutes of your day, but you may wish you could spend more time with it!
>
> **JULIANNE T.**