



LIFESTYLE

LifeSpeak Inc. brings best-in-class holistic wellbeing content to your employees through VP+. Leading with digital education and supporting with human connection, LifeSpeak Inc. provides organizations with best-in-class content and expertise to your employees and members.

Amplify your benefit offering

Scalable, curated content and expertise, with an easy-to-implement and easy-to-use member experience, meeting each individual wherever they are on their personal wellbeing journey.

Our proactive approach to holistic wellbeing through VP+ amplifies your benefit offering with Wellbeats *Wellness*, LifeSpeak *Mental Health & Resilience*, and ALAVIDA *Substance Use*, products of LifeSpeak Inc.

LifeSpeak Mental Health & Resilience

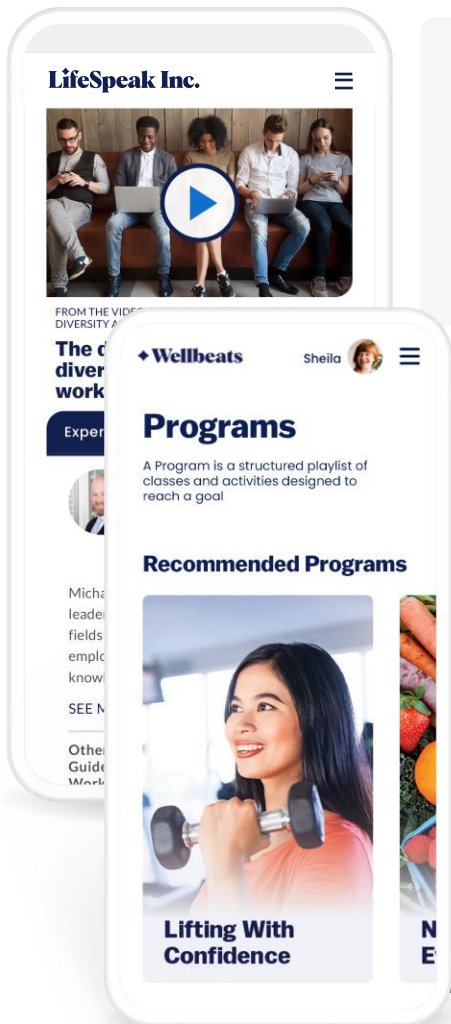
LifeSpeak *Mental Health & Resilience* is the leading mental health and resilience education solution. By combining preventative education from the world's top experts with human support, we make it easy for anyone to start improving their overall wellbeing.

WELLBEATS Wellness

Wellbeats *Wellness* is the premier solution for on-demand, virtual wellness, nutrition, and mindfulness content and programming with more than 1,200 curated classes led by certified, relatable instructors and 60+ goal-based programs available anytime and anywhere. Members are empowered with wellness resources that fit their unique needs, lifestyle, and schedule.

ALAVIDA Substance Use

ALAVIDA *Substance Use* is a leading, virtual care solution focused on the science of substance use management and offering confidential support for members questioning their relationship with alcohol and drugs. ALAVIDA's evidence-based resources are available on-demand and members can connect with their virtual care team for personalized care on any device.



10M+
Individuals and families engage, translating to improved workplace productivity, organizational performance, and healthier lives

1.2+K
Wellbeats *Wellness* fitness, nutrition, and mindfulness classes

24/7
LifeSpeak Inc. best-in class content and expertise, accessible anytime and anywhere

To see a demo or learn more, contact us at partners@lifespeak.com.