

FOR IMMEDIATE RELEASE

Empathia Adds Learn to Live's Digital Cognitive Behavioral Therapy-based Programs to its EAP Service Offering

WAUKESHA, WI (March 17, 2020) – Empathia, Inc. has added Minneapolis-based Learn to Live – a national leader in the digital delivery of evidence-based cognitive behavioral therapy (CBT) tools – to its Employee Assistance Program (EAP) and Student & Family Assistance Program (SFAP) service offerings.

Empathia's clients can now incorporate Learn to Live's interactive cognitive behavioral-based programs that address emotional health issues in an effective and confidential digital experience into their EAP. These programs provide much-needed access and affordable concepts and tools which are based on the proven fundamentals of CBT.

Employers are learning that mental health issues can impact the overall well-being of their employees, which in turn can lead to lost productivity time and increased disability claims. Many of those struggling are "silent sufferers" who do not seek treatment due to barriers including social stigmas, confidentiality concerns and geographic limitations, all of which are addressed by Learn to Live's online platform.

"We're proud to be working in partnership with Empathia to provide help to those struggling with emotional health and wellbeing challenges," said Learn to Live CEO and co-founder Dale Cook. "Learn to Live's platform provides a solution to those who may lack access or are reluctant to get help with emotional health issues. Our programs offer a personal online experience, 24/7 convenience, one-to-one real-time coaching and the proven effectiveness of CBT."

"We know many individuals struggle to manage daily stresses, depression, insomnia, social anxiety and other mental health challenges," said President & CEO Carol Wilson. "Empathia is committed to providing easy access to quality services. Learn to Live's platform offers another path for improving mental health and emotional wellbeing that's convenient, accessible and effective."

Empathia now joins other leading health insurers, large employers and higher education institutions that offer Learn to Live's emotional health programs to their members, employees and students. Learn to Live's services are now available to more than 3.5 million members across the United States.

About Learn to Live

Learn to Live is the leader in tackling mental, emotional, behavioral health challenges through consumer-centered technology via web and mobile delivery. Our programs are designed to help individuals with stress, depression, social anxiety, insomnia, and substance use. Each program is self-directed, and based on the proven fundamentals of cognitive behavioral therapy. The company designs solutions to reduce stigma, address access barriers and limit financial concerns for those seeking help. Learn to Live has helped tens of thousands of individual consumers, and also partners with organizational clients in the

health plan, employment, and higher education sectors. Through these partnerships, Learn to Live now covers over 3.5 million members. For more information, visit learntolive.com.

About Empathia, Inc.

Empathia is an industry-leading, full-service global provider of Employee Assistance Programs (EAP), Student & Family Assistance Programs (SFAP), Workplace Culture Optimization and Crisis Management Services. For over 35 years, Empathia has delivered reliable, quality-driven services to organizations ranging from Fortune 500 companies to small, locally-owned businesses. By offering a variety of services, employers and organizations are able to customize programs to meet their goals. For more information, visit empathia.com.

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