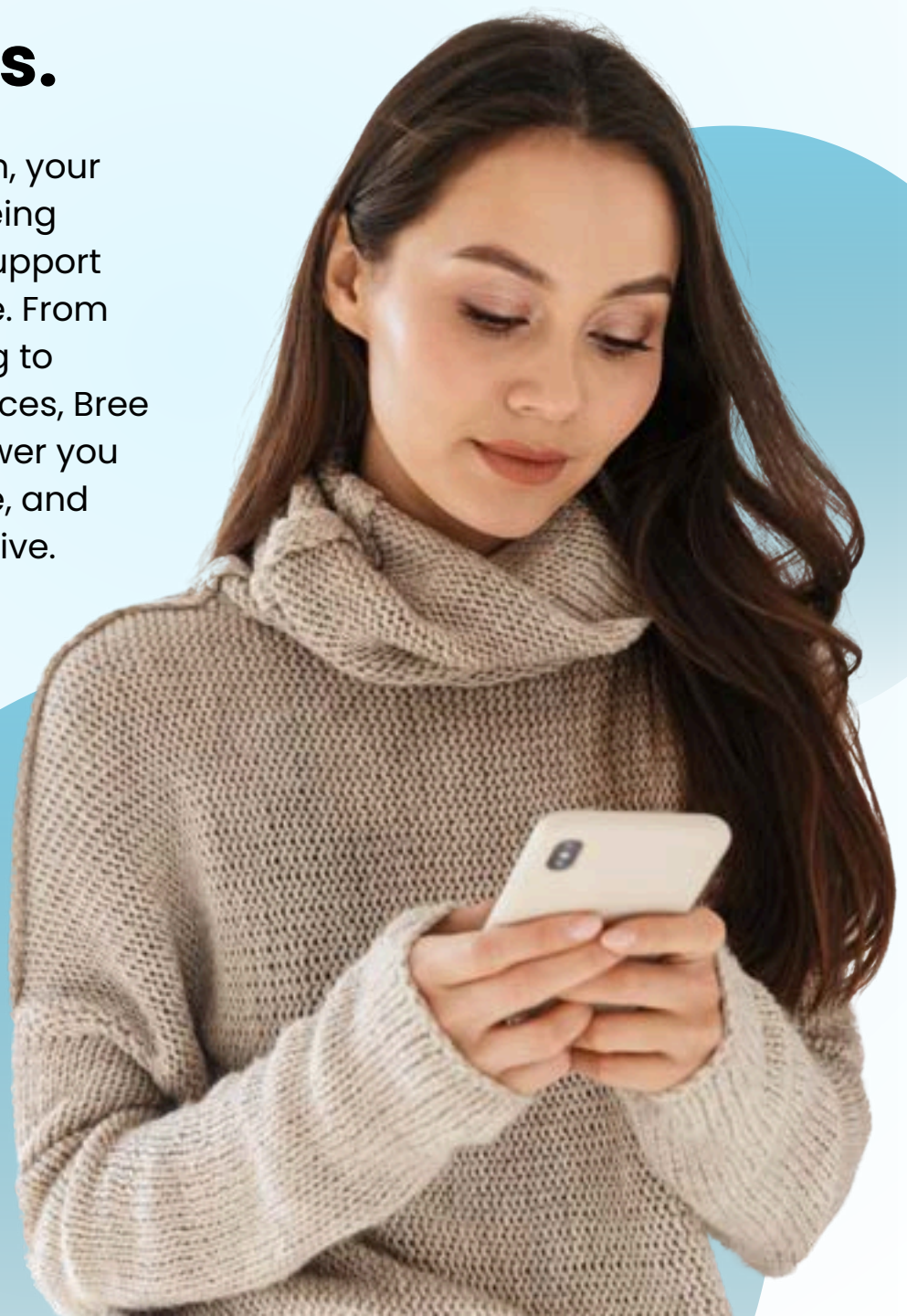




# **Personalized Support. Modern Tools. Real Results.**

Welcome to Bree Health, your comprehensive well-being platform designed to support every aspect of your life. From mental health coaching to practical work-life services, Bree Health is here to empower you with the tools, guidance, and support you need to thrive.



# Welcome to **Bree Health**

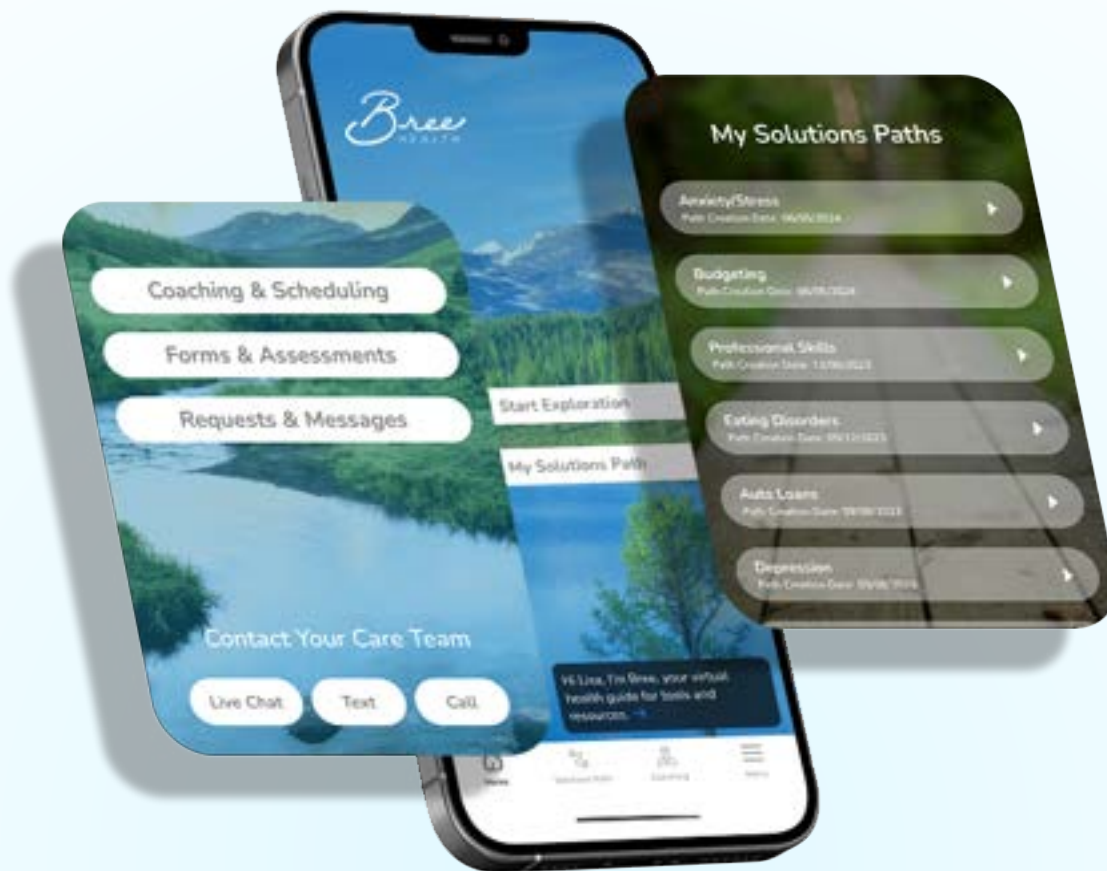
Bree Health is your dedicated partner in mental health and well-being, connecting you to tools, resources, and support designed to help you navigate life's challenges and achieve your goals—all at no cost to you. Whether you're managing stress, balancing responsibilities, or simply looking for guidance, Bree Health is here to empower you every step of the way with accessible, personalized support.

Think of Bree Health as your go-to resource for enhancing every aspect of your life. Available anytime, anywhere, it's a benefit provided by your organization to make your life easier and more fulfilling. From finding practical solutions to building better habits or just having someone to listen, Bree Health is here to support what matters most—you.



## Who is **Eligible?**

Bree Health is available to employees, their spouse or domestic partner, dependent children up to age 26, and any dependents of any age residing with the employee who are mentally or physically incapable of earning their own living.



# Getting Started with **Bree Health**



**Login at:** [login.breehealth.com](https://login.breehealth.com) or scan the QR code to download the Bree Health mobile app.



**Register** with your RIT ID: 10924  
*Your company ID is required for registration and can be found on your Member Guide. Please reach out to your HR professional or benefits contact to obtain it.*



**Create** your member profile and begin your total well-being journey.

**Scan Me**





# Services Designed for You

Discover a comprehensive range of barrier-free, 24/7 services designed to support your well-being and make life's challenges more manageable.



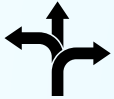
## **Certified Coaching & Counseling:**

Short-term, solution-focused sessions to help you navigate personal and professional challenges.



## **Health Advocacy Services:**

Expert support for navigating healthcare systems, finding providers, and resolving billing questions.



## **Solutions Paths:**

Customized plans with step-by-step guidance to help you achieve your goals and overcome obstacles.



## **Video Library:**

A curated collection of videos featuring guided meditations, relaxation techniques, and educational insights to support your well-being.



## **Legal & Financial Support:**

Consultations and resources to assist with personal legal matters, budgeting, debt management, and financial planning.



## **Virtual Concierge**

**Services:** Assistance with everyday tasks like travel planning, finding childcare, and more.



## **Entertainment Discounts:**

Exclusive savings on theme parks, concerts, movies, and other activities to help you unwind and recharge.



## **E-Learning Resources:**

On-demand access to interactive courses on topics like workplace safety, leadership, and personal development.

# Practical Solutions for Everyday Life

Life can be full of challenges, but Bree Health is here to help you navigate them with ease. Here are some real-life scenarios where Bree Health can make a difference:

## **Managing Stress and Burnout**

You're feeling overwhelmed at work, struggling to meet deadlines, and it's affecting your sleep and focus.

- Schedule a session with a certified coach to develop strategies for time management and stress reduction. Explore relaxation techniques through our video library or request resources on improving work-life balance.

## **Coping with a Life Transition**

You've recently moved to a new city and are having difficulty finding childcare and adjusting to your new environment.

- Request assistance from our concierge team to locate childcare providers and community resources. Meanwhile, schedule a coaching session to discuss strategies for adapting to your new surroundings.

## **Reaching Personal Goals**

You want to improve your fitness but don't know where to start.

- Use Solutions Paths to create a personalized, step-by-step plan tailored to your goals. Receive guidance, tips, and progress tracking to help you stay motivated and build lasting habits.

# Real Stories. **Real Impact.**



"Bree Health helped me take a step back and really figure out what I needed. The coaching sessions and tools made it easy to tackle things one step at a time, and now I feel like I've made real progress. I'm more focused, less stressed, and actually excited about what's next."

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- A Bree Health Member

Your journey to well-being is personal, and Bree Health is here to meet you where you are. Whether it's finding clarity, building new habits, or overcoming life's challenges, our members have experienced meaningful change with the support of Bree Health.

# How **Bree Health** Makes a Difference

We believe that everyone deserves personalized support to navigate life's challenges and achieve their goals. Here's how our services create meaningful impact:

## **We Empower Your Mental Health:**

Through coaching, counseling, and resources, we help you build resilience, foster growth, and navigate life with confidence.

## **We Simplify Complexity:**

From health advocacy to concierge services, we handle the details so you can focus on what matters most.

## **We Promote Progress:**

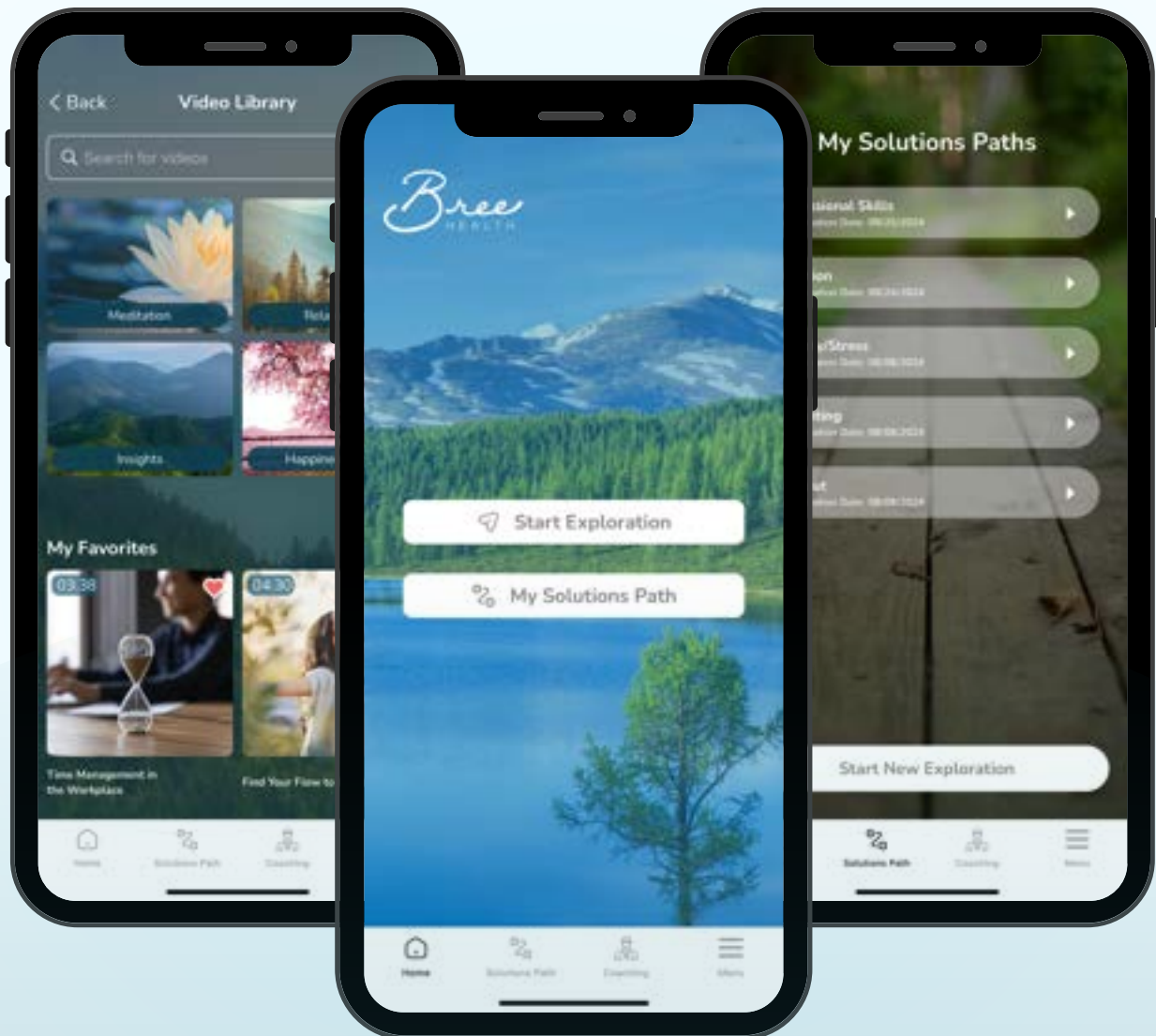
By offering step-by-step plans and personalized guidance, we make big goals feel achievable and keep you motivated.

## **We Support Lasting Change:**

Our tools and resources are designed to help you build habits and skills that create meaningful, long-term improvements.

Engaging with Bree Health is more than just using a service—it's about creating meaningful, lasting change in your life. With tools and support proven to enhance well-being, reduce stress, and build resilience, Bree Health is here to make life easier, healthier, and more fulfilling.

# Start Your Well-Being Journey



**Scan the QR Code to  
Download the App**

Or visit [login.breehealth.com](https://login.breehealth.com) to  
access the Bree Health portal.