

Banner Health Strengthens Employee Wellbeing Education and Support Program with LifeSpeak

LifeSpeak Selected as Digital Mental Health and Wellbeing Platform Provider for One of the Largest Nonprofit Health Systems in the United States

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TORONTO--(BUSINESS WIRE)--LifeSpeak (TSX: LSPK) the mental health and total wellbeing platform for employee and customer-focused organizations, today announced it has been selected by Banner Health to provide holistic, digital well-being education content to its more than 53,000 employees and their families. This new wellness benefit will provide these individuals with unlimited and confidential access to expert-led, micro-learning videos and other digital education content from LifeSpeak's mental health and well-being solution.

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Headquartered in Arizona, Banner Health is one of the largest nonprofit health care systems in the country. The system owns and operates 30 acute-care hospitals, Banner Health Network, Banner – University Medicine, academic and employed physician groups, long-term care centers, outpatient surgery centers and an array of other services, including Banner Urgent Care, family clinics, home care and hospice services, pharmacies and a nursing registry. Banner Health is in six states: Arizona, California, Colorado, Nebraska, Nevada and Wyoming.

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Held, CEO and founder of LifeSpeak. “The demand for mental health and well-being support has grown exponentially in the health care and insurance sectors, and we are honored to have LifeSpeak serve a critical role in the exceptional wellness program that Banner Health provides its team. In the face of numerous challenges, our health care heroes have remained steadfast in their efforts to care for people in their community, and we’re committed to delivering them the resources they need now and into the future.”

Banner Health employees and their families will have the ability to interact with the LifeSpeak platform through the health system’s existing platforms, as well as a coalition of wellness champions, benefit navigators and on-site counselors. At launch, expert-led education content offerings will focus on topics such as building resilience, depression, smart money, and traveling through grief. In addition to thousands of micro-learning videos, LifeSpeak’s curated and proprietary content includes podcasts, tip sheets, and blogs from hundreds of the world’s leading experts. This wellness benefit also allows employees and their families to participate in LifeSpeak’s monthly “Ask the Expert” webchat program.

“Our impact in health care is at its greatest when our employees are at their healthiest – both physically and emotionally,” said Naomi Cramer, Executive Vice President and Chief Human Resources Officer at Banner Health. “LifeSpeak’s educational content and other resources address a diverse set of mental health and well-being topics to help support the unique needs of our employees so they can best serve our communities, their families and one another.”

Banner Health joins a rapidly expanding global community of LifeSpeak clients and partners in the U.S., U.K., and beyond. For more information about LifeSpeak and to learn more about how LifeSpeak helps companies around the world support their people, visit www.lifespeak.com.

About LifeSpeak Inc.

LifeSpeak is a leading software-as-a-service provider of a platform for mental health and total well-being education for organizations committed to taking care of their employees and customers. With 17+ years of experience creating and curating thousands of expert-led micro-learning videos and other digital content, LifeSpeak's proprietary library's depth and breadth of easily consumable content helps companies around the world support their people anytime and anywhere. LifeSpeak serves a diverse global client base across many industries and sectors, including Fortune 500 companies, government agencies, insurance providers, and other health technology firms. LifeSpeak is the parent company of Lift Digital Inc. ("LIFT" or "LIFT session") and ALAViDA Health Ltd. ("ALAViDA"). To learn more, follow LifeSpeak on LinkedIn (<http://www.linkedin.com/company/lifespeak-inc>), or visit www.LifeSpeak.com.

Forward-Looking Information

This press release may include "forward-looking information" within the meaning of applicable securities laws. Such forward-looking information may include, but is not limited to, information with respect to our objectives and the strategies to achieve these objectives, as well as information with respect to our beliefs, plans, expectations, anticipations, estimates and intentions, including the wellness benefit and its access to LifeSpeak's platform and individuals' participation in LifeSpeak's programs.

In some cases, but not necessarily in all cases, forward-looking information can be identified by the use of forward-looking terminology and phrases such as "forecast", "target", "goal", "may", "might", "will", "could", "expect", "anticipate", "estimate", "intend", "plan", "indicate", "seek", "believe", "predict", or "likely", or the negative of these terms, or other similar expressions intended to identify forward-looking information, including references to assumptions. In addition, any statements that refer to expectations, intentions, projections or other characterizations of future events or circumstances contain forward-looking information. Statements containing forward-looking information are not historical facts nor guarantees or assurances of future performance but instead represent management's current beliefs, expectations, estimates and projections regarding possible future events, circumstances or performance.

Forward-looking information is necessarily based on a number of opinions, estimates and assumptions that, while considered reasonable by LifeSpeak as of the date of this release, is subject to known and unknown risks, uncertainties, assumptions and other factors that may cause the actual results, level of activity, performance or achievements to be materially different from those expressed or implied by such forward-looking information. Important factors that could cause actual results to differ, possibly materially, from those indicated by the forward-looking information include, but are not limited to, the risk factors identified under "Risk Factors" in LifeSpeak's prospectus dated June 28, 2021 (the "IPO Prospectus"), and in other periodic filings that LifeSpeak has made and may make in the future with the securities commissions or similar regulatory authorities in Canada, all of which are available under LifeSpeak's SEDAR profile at www.sedar.com. These factors are not intended to represent a complete list of the factors that could affect LifeSpeak. However, such risk factors should be considered carefully. There can be no assurance that such estimates and assumptions will prove to be correct. You should not place undue reliance on forward-looking information, which speak only as of the date of this release. LifeSpeak undertakes no obligation to publicly update any forward-looking information, except as required by applicable securities laws.

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