



Psychometrics

- EFP Batch (4 * year)
- + Own Employee Engagement Survey
- On-demand data
- Concurrent stats:
 - Mean, SD, Correlations, Trends...

Company Self-awareness

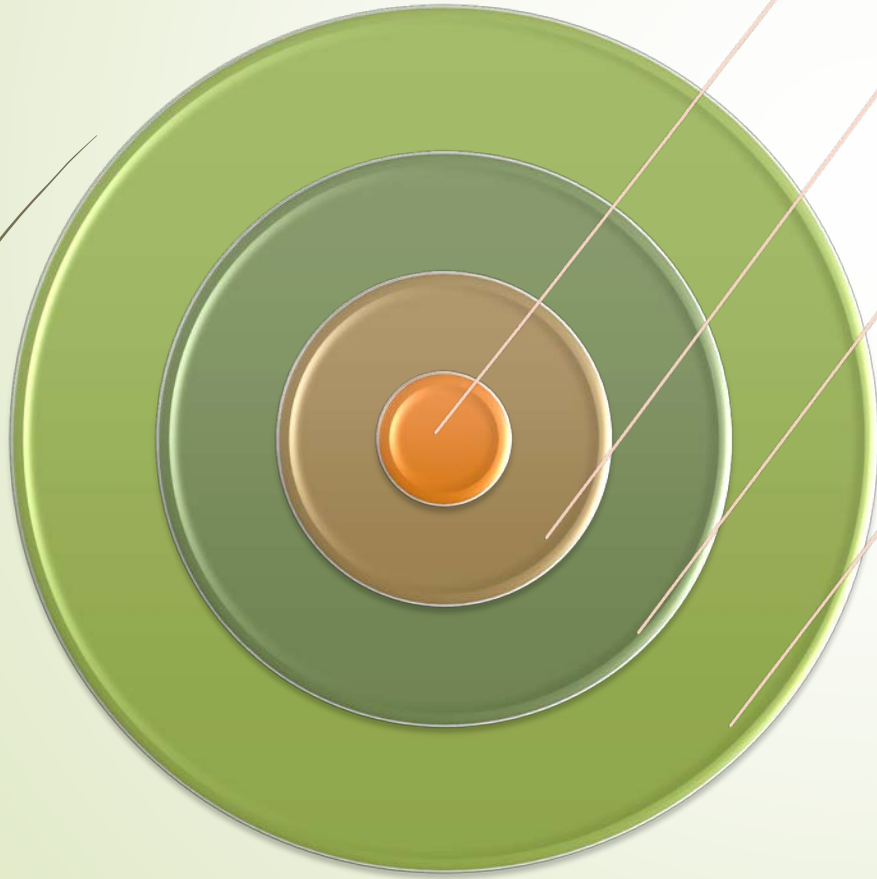
- Unfiltered data to C-Level
- Resource allocation to needed areas
- Direct feedback on change initiatives

Company Wellbeing

- Eustress under control
- Balance between external demands & internal expectations
- Tailor-made solutions for each employee
- Increased motivation

Performance

- Improved understanding
- Enhanced ability in to see Workplace synergy
- Increased retention
- Less sick leave
- Increased employee sustainability & performance



Psychometrics

- EFP Batch 4 * year
- 360 Assessment every three years
- Proactive & sustainable wellbeing program
- Evidence based measures

Dynamic Understanding

- Employee access to private wellbeing portal
- Enhancement of workplace meaning
- Adaption enhancement strategies
- Use of skills to vary work duties

Wellbeing

- Enhanced social cohesion
- Improved social construction of reality
- Organizational balance of Eustress
- Improved emotional states
- Proactive engagement

Performance

- Greater retention
- Less absenteeism
- Increased motivation and adaptability
- Proactive engagement by MEH



Psychometrics

- EFP Batch 4 * year
- 360 Assessment (10 sections)
- On-demand data
- Concurrent stats on wellbeing:
- Subjective & objective mean scores with stats...

“Private space” for feedback on psychometrics

- Access to live online counselors 24/7
- Integrity based system, private to individual
- Access to full complement of healthcare, mindful and other self-help solutions
- Online screening for Anxiety, Depression, PTSD...

Wellbeing

- Proactive ability to deal with negative thoughts early and before they become psychosomatic
- Empowerment to become self-aware
- Balance between external demands & internal expectations

Performance

- Improved understanding self
- Coping-skills and adaption techniques
- Enhanced ability in to see Workplace synergy
- Increased empowerment

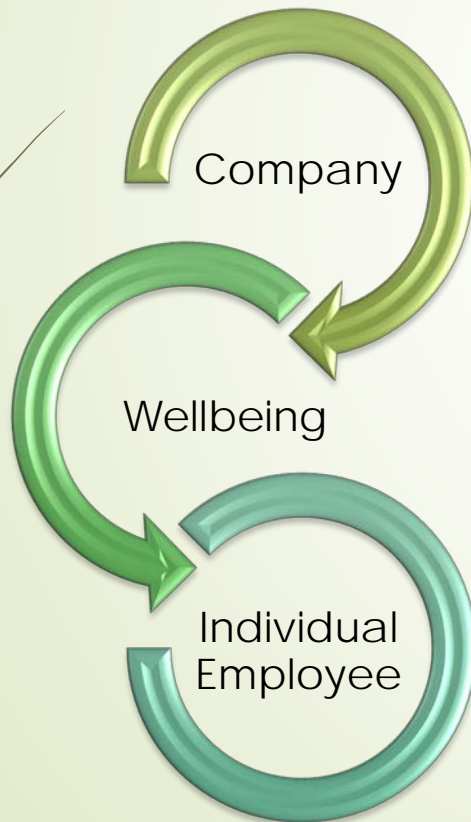
MEH provides employees and companies with their own private Counselors & Doctors online to effectively assist in proactively keeping their staff health, happy and in a state of wellbeing.

Your health and wellbeing is our mission! Your online portal has free access to your own mindfulness, breathing and self-help window as well as self-awareness and empowerment for participation tools. Using the inbuilt assessments, your counselor can track your mental health & wellbeing and contact you when you deviate from your own mean.

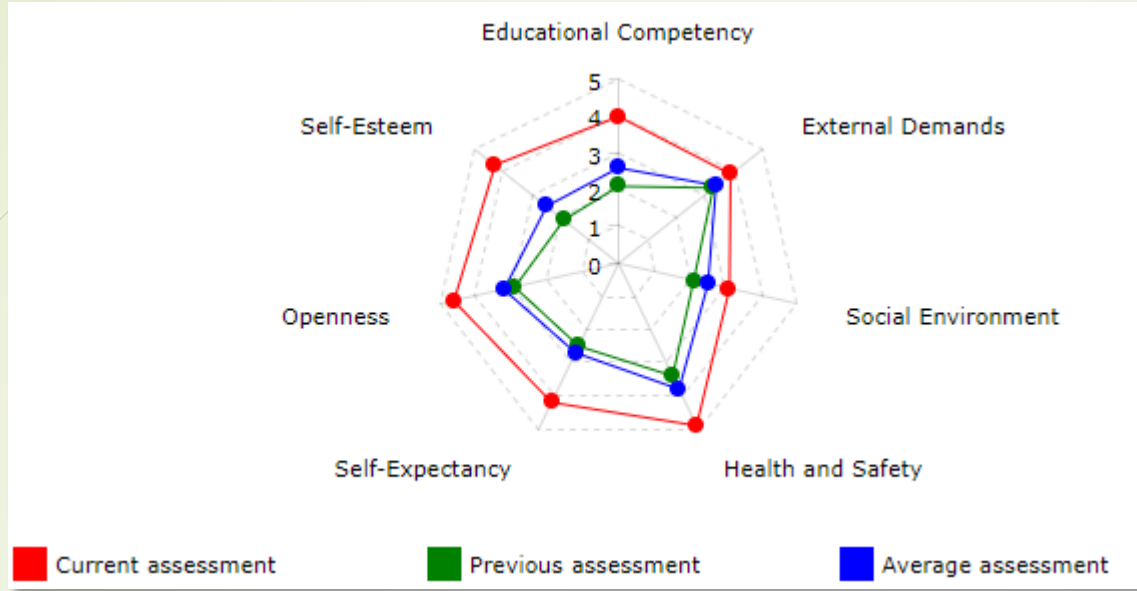
Counselors can also suggest coping-skills when necessary and even proactively deal with any negative thoughts and changes using a unique inbuilt Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) framework.

If for any reason you need an MD, just click on the link in your portal and make an online appointment with your doctor. It's that simple. Remember, we are here to keep you healthy.

Maximize your life. Knowledge is power but self-awareness is empowerment!



How self-aware are you? · Do you have balance in your life?



myehealth Home About us Research Blog Contact

Signed in as ems Sign out My home page Switch User

Mindfulness & Daydreaming

Relaxing Videos: Sunset, Beach, Ocean, Mountain and Forest, Fireplace, Others

Health and Nutrition Videos: Mandala, Nutrition, Physical Exercise, Breathing, Motivation & Goal, Self-awareness, Anti-stress, Mindfulness

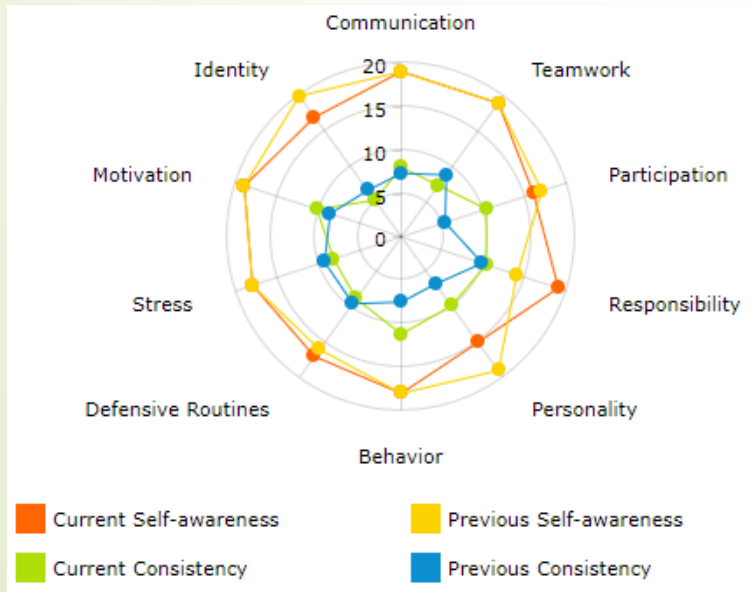
Assessments to be taken, Report & analysis, Counselor assigned tasks & auto trigger records, Message center, My Contact info

Book session Counselor, Book session Doctor, Book session Physiotherapist, Book session Mindfulness coach, Coping skills

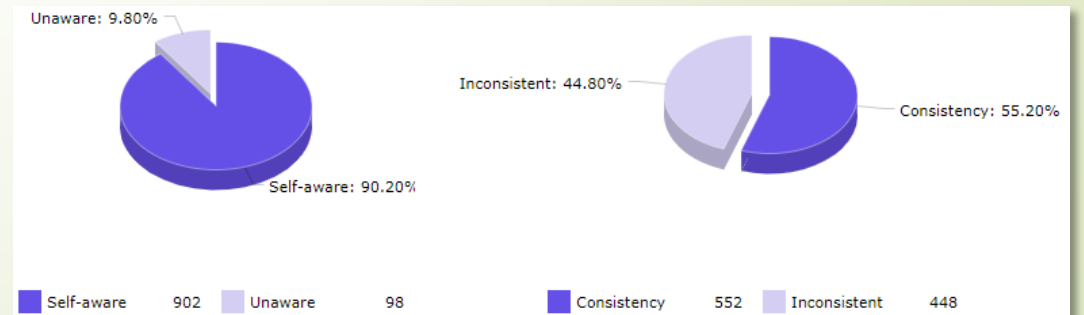
My medical history, My Sick Leave, Legal section, Enter session

Upcoming Sessions: 2018-10-31 13:00, Clive Michelsen

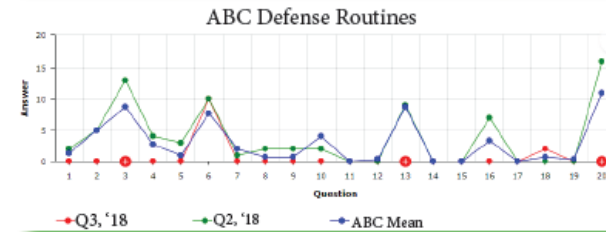
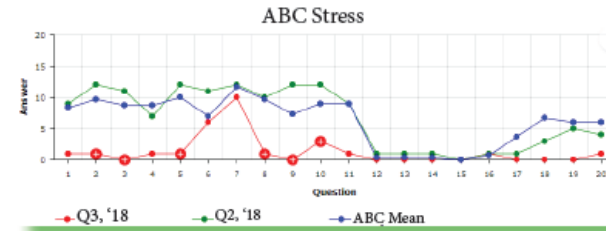
Assessments to be Taken: Stress Assessment, Defense Routines Assessment, PMP Assessment



Your Private Space



ABC Company Dashboard



ABC BASIC STATS: 2018 Q4

TOTAL Employees ABC	11,347		
# Employees Completed Assessment Q4	8,781	(77,39%)	
# Employees Completed Assessment Q3	8,594	(75,76%)	
% Change	187	(+1.63%)	

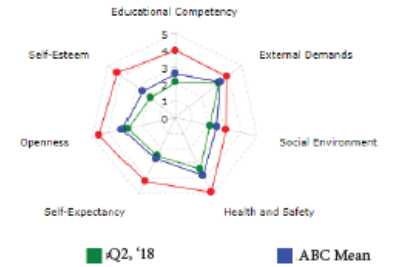
COUNSELING & MD VISTS

	Q4	Q3	Q2	Q1
Q4 CBT/ACT Counseling hours	500	420	387	420
Q4 Mindfulness Coaching hours	781	687	475	512
Q4 Doctor Visits	28	21	18	35
Sick Leave Days 2018	178	163	157	193
Sick Leave Days 2017	228	193	179	254
Change Sick Days (-163 days)	-50	-30	-22	-61

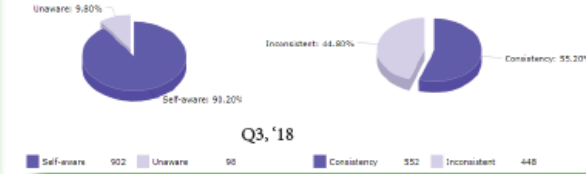
Psychometrics Mean Score

	2018	2017	%Change	
Motivation	318	277	+14,8%	Good
Stress	198	245	-19,18%	Very Good
Defense Routines	145	199	-27,13%	Excellent
PMP	809	775	+4,38%	Fair
360 Self-Awareness	880	795	+10,69%	Good
360 Consistency	232	259	+10,42	Good

ABC PMP Adaption



ABC Self-Awareness & Consistency



ABC 10 Self-Awareness & Consistency Areas



Overview



Messages



Invoices



Balance



Counselors



Users



Custom assessments



Company Contract



Clive Michelsen, Chairman & Founder

info@my-e-health.com

www.my-e-health.com