



# cleo

Designed to support every stage of self-care parenting and caregiving, because no matter who you are, we are all caring for someone.



## How are your employees **really** doing?

The latest research shows

# 77%

of workers have experienced workplace **burnout**<sup>1</sup>

# 65%

Of parents and caregivers are feeling **isolated**<sup>2</sup>

## Taking care of employees is taking care of business.

### MENTAL HEALTH

# 78%

Of participants in Cleo's Mental Health program report an overall improvement<sup>1</sup>

### BALANCE

# 80%

Of Cleo members agree that Cleo, saved them time by providing the resources, answers or help needed as a working parent<sup>1</sup>

### FAMILY SUPPORT

# 86%

Of Cleo members agree that Cleo helps them support the needs of their family<sup>1</sup>

### IMPROVED RETENTION

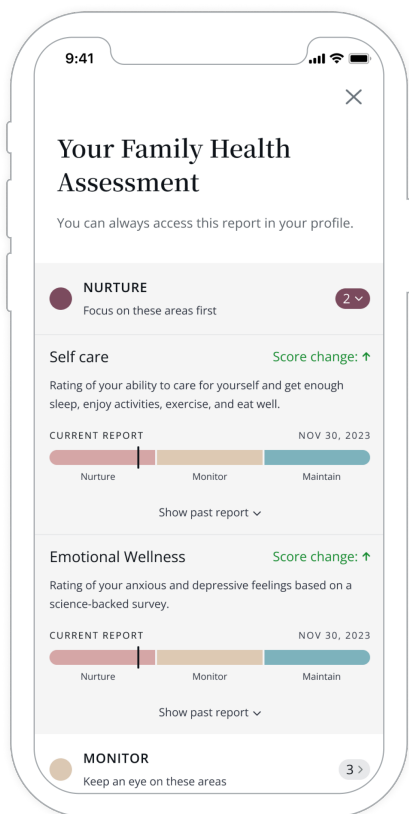
# 97%

Of Cleo parents who return to work after the birth of a child<sup>1</sup>

Sources:

1. Data on file

2. Cleo Family Health Index, Sept 2022 (n=950)

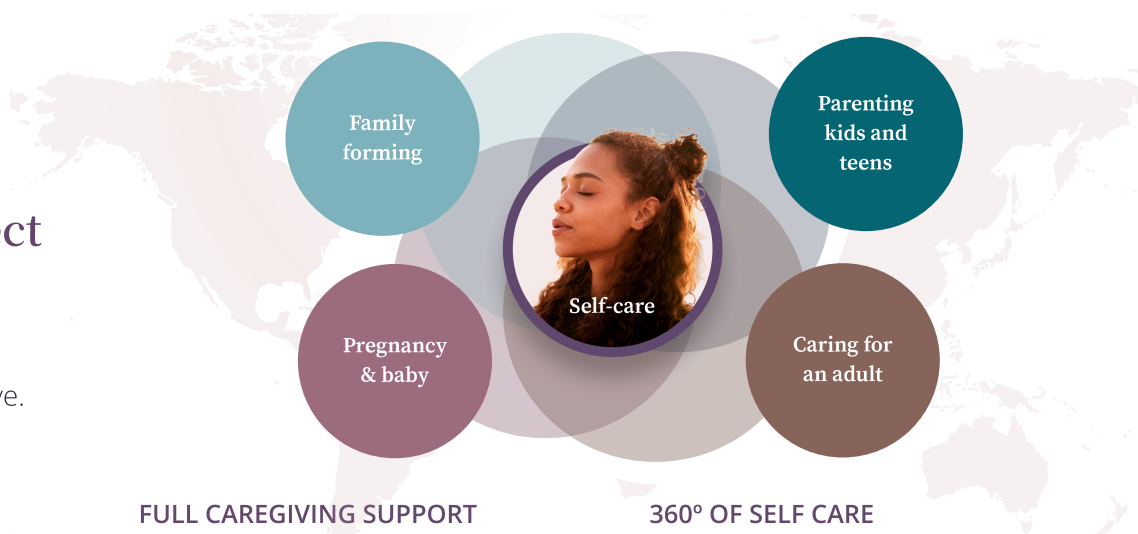


## How Cleo works

- **Dedicated Cleo Guide supported by Specialists and Concierge Teams:** Every member has unlimited access to a Cleo Guide who has the caregiving expertise to support their needs, a team of Specialists, and Cleo's Care Activity team providing skilled task support. Available to members in 70+ countries across 40+ specialties and 15+ languages, our team empowers members to be more confident and competent in supporting their loved ones and taking care of their own health. Individual support complemented by real help for members checking things off their to-do list alleviates root cause stressors and improves health and well-being.
- **24/7 support in the Cleo app:** Members get everything they need to thrive through Cleo's easy-to-use app. Our evidence-based care pathways are designed by parenting, caregiving, and self-care experts to help members tackle one task at a time, learn from curated articles, and discover other resources. Members also get connected to the employer benefits that will support their journey. Through the Family Health Index™, members are regularly assessed for burnout and supported with personalized interventions and content in the app.
- **Access to live Cleo webinars and group sessions:** Cleo offers both on-demand and live webinars, group sessions, and educational classes so members can learn on their own time or choose to connect with others. Led by Cleo Guides and Specialists, these sessions cover a range of subjects curated for each member's unique needs.

## Life-changing care for every aspect of life

For full list of support services, contact your sales representative.



### FULL PARENTING SUPPORT

- Family planning, all paths to parenthood
- Pregnancy, postpartum, healing, and mental health
- Baby's, children's, and teen's developmental milestones
- Sourcing and vetting childcare solutions
- Support for kids and teens with neurodivergence
- Special health care needs, cancer care, and mental health support
- College & future planning

### FULL CAREGIVING SUPPORT

- Healthy aging and support focused on health or aging-related concerns
- Planning for long term care, including financial, legal, home care, and housing
- Finding a medical provider or health plan nor community resource
- Caring for loved ones with health conditions or special needs
- Cancer care & navigation
- Depression and combating loneliness
- End-of-life care

### 360° OF SELF CARE

- Concierge task support for all categories
- Planning for my future care
- Cancer care & navigation
- Sleep, emotional wellness, nutrition, and physical activity
- Career coaching
- Menopause support & guidance
- Grief & loss support

+ more across all categories