



myPersona



myPersona is an emotional health and wellness service for employees. Our mission is to provide everyone the gift of emotional awareness and emotional wellness to make the world a healthier and happier place. Our approach addresses the root causes of why people feel the way they do using our patented psychometric assessment and 1:1 sessions for your employees, all delivered through our app. The result is immediate emotional awareness and ongoing emotional support for your entire employee population.

Our patented KnowMe™ psychometric assessment has been validated against accepted medical standards for anxiety (GAD7) and depression (PHQ9). We can now provide our partners with a snapshot of their population's anxiety and depression risks and monitor how those evolve.

We offer:

- 1:1 30 minutes sessions with our experienced emotional health support team
- Daily support via direct messaging in our app
- An ever-growing content library with articles, videos and webinars
- Enterprise KnowMe™ Insights to understand the overall wellbeing of your organization
- Customized workshops and other content to address your population's needs

We are showing constant member improvement across areas of self-worth, resilience, and emotional stability. 73% of myPersona members increased their emotional stability after 5 months.

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<https://www.mypersona.care/>