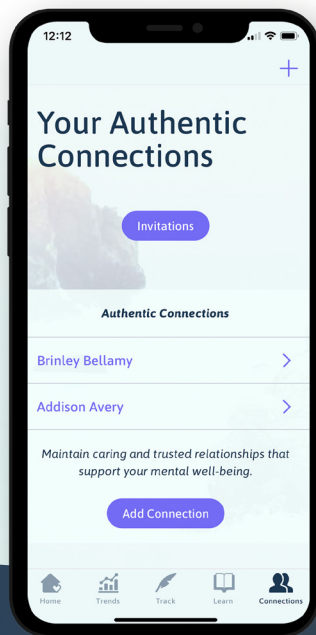


Loneliness and isolation are at an all-time high—so is the impact on your employees.

The Hugr Authentic Connections app can help.

Hugr is a mental wellness app designed to help people feel connected. The self-guided digital program can help users measure their level of social connection, discover how to build and maintain authentic connections, and regularly share how they're feeling with those closest to them. As a Chambers of Commerce Group Insurance Plan member, Hugr is free for you and your employees.



What are some of the key features of the app?



DISCOVER your level of social connection by completing self-awareness check-ins—identifying strengths and opportunities for growth and action.



DEVELOP evidence-based skills to identify and close gaps in your social connections through iCBT-based learning.



TRACK and view trends to see correlations in your social connections, experience at work, loneliness, isolation and anxiety.



SHARE your journey so the caring and trusted people in your lives can seamlessly know how you're feeling.

Why the focus on social connection?

As humans, we're genetically wired to need social connections. Not having them can be painful and pose a threat to our well-being. In fact, research has shown that lacking social connections carries a risk factor potentially worse than smoking up to 15 cigarettes a day, obesity, physical inactivity and air pollution. At work, a lack of social connection impacts how engaged we feel—and ultimately how productive we can be.

Co-designed with lived experience, industry expertise and research.

Hugr has been carefully designed and developed based on the lived experience of members of Territorial—a Canadian tech company and Chambers Plan member—and Dr. Bill Howatt—a renowned workplace mental health expert, researcher and author.

Together, this team achieved their goal of filling a critical gap found in other mental health apps—a unique focus on the importance of developing and maintaining authentic social connections no matter where you happen to be on your mental well-being journey.

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How does the app help employees and your business?

Benefits for your employees:



- 🔗 Gives employees the skills to develop engaging and meaningful social connections in support of their mental well-being
- 🔗 When bad days happen, they have easy access to integrated support and tools
- 🔗 Normalizes the importance of personal mental well-being and reduces stigma
- 🔗 Helps employees forge psychologically safe and meaningful social connections at work and home

Benefits for your business:



- 🔗 Promoting Huger Authentic Connections demonstrates your commitment to employee well-being—particularly while we're experiencing unprecedented stress and social isolation
- 🔗 Employees will develop new knowledge and skills and feel a greater sense of connection at work, resulting in higher engagement, retention, productivity and performance
- 🔗 Huger Authentic Connections is a valuable, evidence-based addition to your workplace well-being toolkit that will proactively support all your employees

Anything else I should know?

As a member of Chambers of Commerce Group Insurance Plan, you and your employees have premium access to the app—giving you the full experience and tools to stay connected as you take care of your mental well-being. To sign up, simply download the app through the App Store or Google Play, plug in your birthdate and Chambers Plan certificate number and start connecting.

If you and your employees have access to Chambers Plan Employee Assistance Program (provided by Arete®) and need professional support, you will also be able to conveniently access the program from the app.

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