



Introducing

Starling Minds Mental Fitness

Personalized. Proactive. Confidential. Free.

Starling Minds is a digital program to help you better manage stress, anxiety, burnout, depression, and more. Take simple steps to help you lead a healthier, happier life.



How to get started

- ✓ Go to epc.member.starlingminds.com or scan
- ✓ Enter a new password
- ✓ Enter your profile information
- ✓ Select a codename
- ✓ Get started!



Privacy and Security

Our program is highly secure. To further safeguard your personal information, an anonymous codename will be selected by you for program use. Only those persons that directly provide services or member support have access to any of your personal information, and may only access that information in order to support you.

Download our app:



Key Program Features

Homepage

Guides you through your daily training session

Explore Page

Explore a personalized space designed to help you thrive — with tools, strategies, and resources to strengthen your mental fitness and well-being

Check-Up

Take an assessment for stress, energy, resilience, anxiety, depression, and more. Track changes to your levels and uncover insights about yourself

Training Sessions

Ten-minute sessions to help build the tools, skills, and knowledge you need to improve your mental fitness

Exercises

Easy, bite-sized versions of our training sessions to fit self-care into your busy life

Mental Toolbox

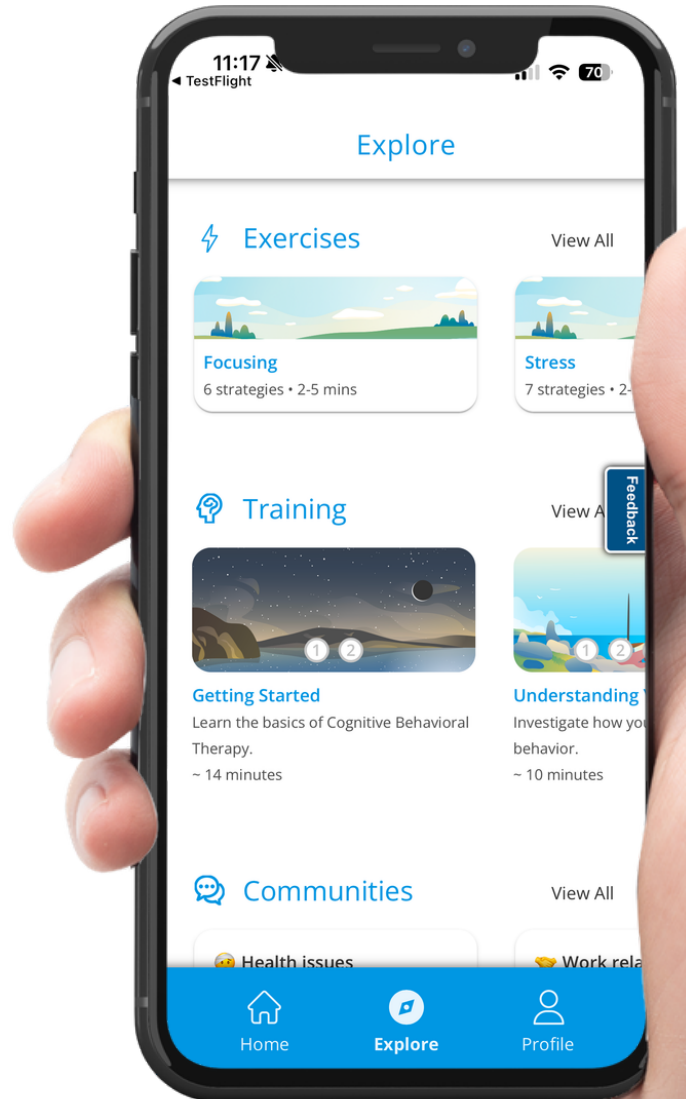
Set of tools to help you set goals, track your progress, balance negative thoughts, and regulate moods

Webinars

Live training sessions to help you build more mindfulness with different strategies and breathwork

Community

Share your story and find peer support and encouragement anonymously



90%

Starling supported their mental fitness

58%

improvement in anxiety scores

76%

improved their mental fitness

61%

improvement in depression scores

"This program has already made me think more deeply about my thoughts and feelings and where they are coming from. It's allowed me to kind of work beyond a road block and move forward on my journey."

