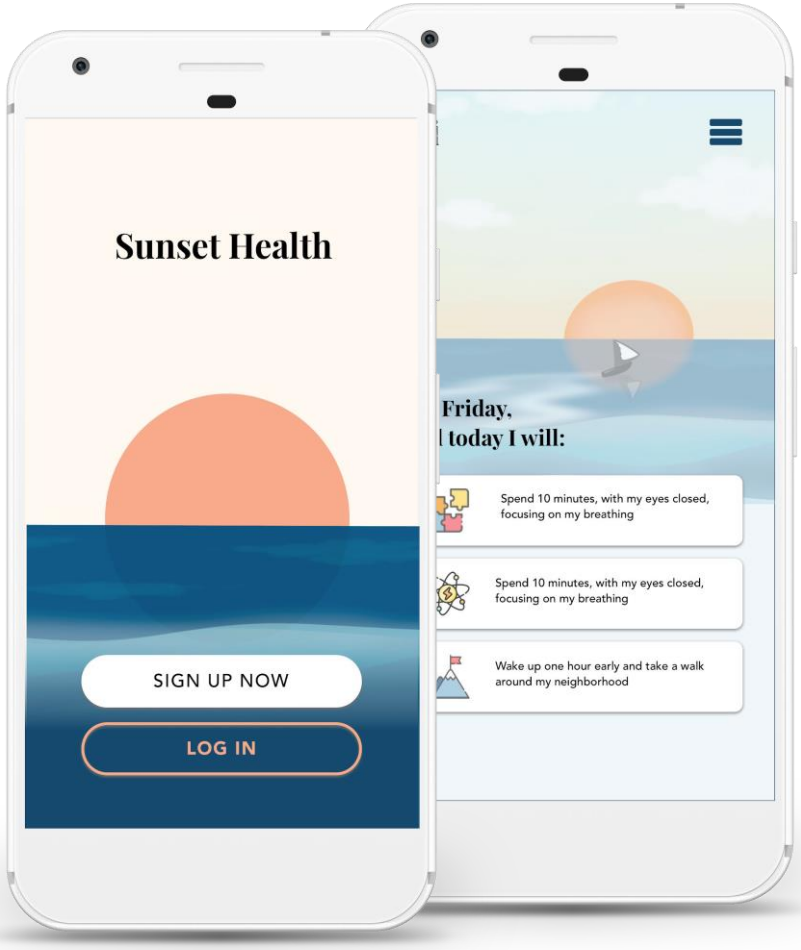
Sunset Health

by American Institute for Preventive Medicine

Empowering people to improve their mental & emotional well-being

Sunset Health: AI-enabled mental & emotional well-being



- Assessments focused on monitoring burnout, isolation, and mental health
- App-based cognitive behavioral therapy personalized to each individual's unique presentation of needs
- Frequent, action-based check ins to form healthy habits and provide and real-time insights

Mental Well-Being is More Important Than Ever

The workforce has changed more in the last five years than any stretch in history--
Today's up and coming leaders and employees face more pressure and burnout than ever before, driving historically high turnover and lost productivity

Burnout and turnover are often a function of the individual and the manager --
Sunset helps both

102 Million

US employees report being negatively impacted by occupational burnout

38.8 Million

US employees report that they are actively seeking to leave their current role due to work-related stress and burnout

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Sunset is evidence-based

	POC Intervention Trial to Reduce Anxiety, Burnout, and Sleep
Methodology:	• Overview: Participants were asked to use the Sunset Health app daily and complete surveys every other week for 8 weeks. • Surveys: GAD-7 (Anxiety), Maslach Burnout Inventory (Burnout), and SQS (Sleep) • Survey Length: 55 questions • Intervention Period: 8 Weeks • Total Participants: 42
Results: (Median)	⬇ **58.72%** reduction in ***Anxiety*** ⬇ **36.72%** reduction in ***Burnout*** ⬇ **20.72%** reduction in ***Sleep***

Sunset is evidence-based

	POC Intervention Trial to Reduce Depression and Burnout
Methodology:	• Overview: Participants were asked to use the Sunset Health app daily and complete surveys at two-week intervals • Surveys: PHQ-9 (Depression), 3-item questions from the Maslach Burnout Inventory (Burnout) • Survey Length: 12 questions • Intervention Period: 1 Month • Total Participants: 38
Results: (Median)	↓ **29%** reduction in ***Depression*** ↓ **21%** reduction in ***Burnout*** We saw that those that suffer from levels of depression at baseline (PHQ-9 = 20+) saw the following increased improvement. Cohort size: 14. ↓ **33%** reduction in ***Depression*** ↓ **30%** reduction in ***Burnout***

Addressing burnout requires a condition-specific, targeted treatment, addressing both the individual and the workplace environment

Specifically assess for burnout using validated instruments

Burnout assessments that drive personalized care and evidence-based workforce management

Sunset plugs into organizations' employee well-being programs to enable easy and regular assessments of burnout levels by department, team, and geography.

Take action, and give teams the resources they need to improve their stress, team dynamic, and reduce burnout

iCBT platform for personalized therapy, accessible 24/7

The results of regular, in-app burnout assessments not only inform the organization, but also personalize the app-based therapeutic experience for each individual employee.

Every person's burnout presents differently, Sunset has a solution that can provide personalized therapy at scale.

Live-, burnout-focused coaching when it's needed

Live, situational engagement

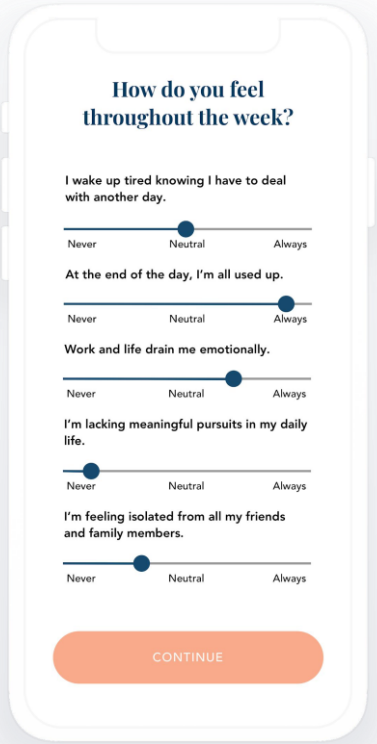
Burnout reduction requires both the individual and the environment be addressed.

Sunset's app addresses individual challenges.

Sunset's Process

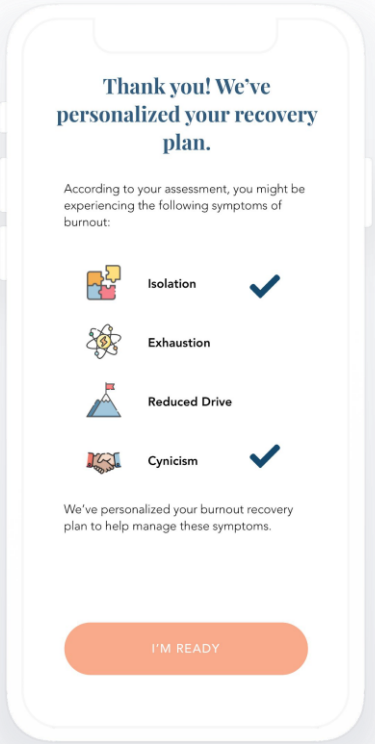
Validated Assessments

The app first assesses for burnout, isolation, depression, anxiety, and interpersonal work challenges



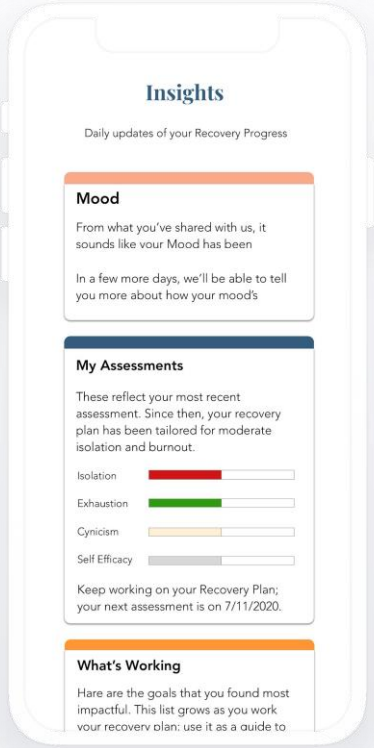
Personalized Digital Therapy

Based on AI, each employee is guided through personalized CBT and digital coaching exercises



Ongoing Support & Insights

Based on engagement and feedback, digital coaching continues to be personalized to enhance the individual's growth potential



Pricing

Eligible Population	Per Eligible Per Year	Admin Fee
1-499	$15.00	$1,000.00
500-999	$12.00	$1,200.00
1000-4999	$9.60	$1,440.00
5000-9,999	$7.68	$1,700.00

THANK YOU

www.sunset.health

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