

# **Introducing Wellthy Community**

No one should have to tackle care alone. Wellthy Community is a social space where members can find support, share experiences, and exchange knowledge with others who are caring.

#### Importance of Social Connection

Social isolation often results from ongoing caregiving demands, leading to burnout and presenteeism. Social isolation has even been shown to increase risk of serious mental health problems and physical ailments.

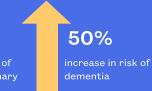
Addressing social isolation among the caregiving community isn't just a good deed; it's good for business.











With Wellthy Community, members are never alone.



## Peer-to-peer discussion

Explore recent activity, participate in the dialogue, and share thoughts and experiences with others.



## Knowledge and insights

Discover helpful tips and find information across Wellthy resource like e-guides, webinars and virtual events.



## **Expert moderation**

Interact with Wellthy's care professionals who are around to guide conversations, offer ideas and provide answers.



#### Ready to learn more?

Contact your Wellthy representative or email us at hi@wellthy.com