

goodpath

# Whole-person care for mental health

ARE YOU FEELING SAD, OVERWHELMED, WORRIED, OR ANXIOUS?

Goodpath makes it easy to get the help you need in one place! We know stress and anxiety can make conditions like back pain worse, so we use a whole-person approach to care for our members.



Members in our mental health program will receive a personalized program and work 1-on-1 with a health coach to address challenges, such as:

- › Stress
- › Anxiety
- › Depression
- › Burnout
- › Relationship issues
- › Grief
- › Overwhelm
- › Financial stress
- › Feeling stuck

Goodpath also offers programs for **back pain, insomnia, digestive issues, sleep issues, and cancer survivorship.**

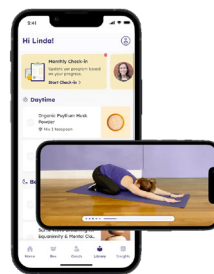
## EVERY MEMBER GETS:



Dedicated health coach



Physical treatments shipped to you



Digital treatments



Expertise across medical specialties

**90% OF MEMBERS FEEL BETTER AFTER GOODPATH CARE**



GET STARTED AT

[goodpath.com/shields](https://goodpath.com/shields)

Goodpath is available to all regularly scheduled Shields employees at no charge