

EMBARGOED UNTIL AUGUST 25, 2021 AT 8 AM ET

**Independence Blue Cross Foundation collaborates with
Trinity Health Mid-Atlantic, NeuroFlow to Support Mental Wellness of Nurses**

The program will address nurse burnout with evidence-based, self-directed tools and a measurement-based care approach

PHILADELPHIA, PA — August 25, 2021 — Nurses and other frontline workers are dealing with stresses and challenges unlike any time in recent history. Recognizing the need for additional mental health resources and support, the Independence Blue Cross Foundation is collaborating with Trinity Health Mid-Atlantic on a program with NeuroFlow, a mental health software company based in Philadelphia. The program will provide access to on-demand tools as well as care coordination for more than 1,800 nurses and frontline healthcare workers across three Trinity Health Mid-Atlantic hospitals.

The initial rollout will include Nazareth Hospital, Mercy Fitzgerald Hospital, and St. Mary Medical Center in the Greater Philadelphia region. As registrations increase and more users engage with the platform, Trinity Health Mid-Atlantic will evaluate adding more locations. A launch event was held today at Mercy Fitzgerald, attended by leadership from all three organizations and elected officials, Pennsylvania Representative Michael Zabel and Delaware County Council Vice Chair Dr. Monica Taylor.

“Most will remember the devastating physical toll the pandemic took on our population, but it has also been an awakening for mental health and the daily challenges we all face with stress and anxiety,” said Trinity Health Mid-Atlantic President and CEO Jim Woodward. “Our health care workers need the same kind of access to care as our patients do. This collaboration with the Independence Blue Cross Foundation and NeuroFlow gives our staff another pillar of support and a better way to quantify when workloads are getting too strained.”

Nurses can use NeuroFlow’s technology to log daily insights, such as mood scores, journals, and sleep patterns, while viewing educational, evidence-based content and resources tailored to an appropriate level of care. A clinical care team will remotely monitor population health trends and “urgent alerts” triggered via individual activity that are designed to preempt major mental health events. NeuroFlow has implemented similar programs with branches of the U.S. military, as well as other major health systems and health plans across the country, with active contracts supporting more than 450,000 individuals.

“Being healthy means taking care of ourselves physically and mentally. This initiative supports those who dedicate themselves day in and day out to helping others, and who have been true heroes during the past year and a half,” said Stephen P. Fera, Executive Vice President of Public Affairs at Independence Blue Cross. “We are proud to work with Trinity Health Mid-Atlantic to deliver this innovative technology to thousands of nurses who care for our neighbors, and excited about the possibilities of replicating this to improve health care delivery in the future.”

“Whether you’re looking for a little maintenance or formal clinical care, behavioral health is not one size fits all,” said NeuroFlow Chief Executive Officer Chris Molaro. “Technology increases access for

everyone and is designed to augment existing resources and align with two incredible organizations on this mission to empower nurses and frontline workers, especially after a year of remarkable endurance and sacrifice on their end.”

About the Independence Blue Cross Foundation

Celebrating its 10th anniversary, the Independence Blue Cross Foundation (Foundation) is a private, corporate charitable foundation that was established in 2011 with a mission to lead sustainable solutions that improve the health and well-being of the community. The Foundation has awarded grants and research totaling more than \$55M to nonprofits and academic institutions in the southeastern Pennsylvania region whose programs and services address access to care, the healthcare workforce, and nonprofit sustainability.

Learn more by visiting our website: ibxfoundation.org. Connect with the Independence Blue Cross Foundation on Twitter at [@ibxfdn](https://twitter.com/ibxfdn).

About Trinity Health Mid-Atlantic

Trinity Health Mid-Atlantic is a Regional Health System that includes Mercy Fitzgerald Hospital in Darby, Pa.; Nazareth Hospital in Northeast Philadelphia; Saint Francis Healthcare in Wilmington, Del.; and St. Mary Medical Center in Langhorne, Pa. PACE (Program of All Inclusive Care for the Elderly) and home health programs also are offered through Trinity Health. These entities include hospitals, associated clinics, medical offices, specialized facilities, affiliated institutions, and foundations serving together in the spirit of the Gospel as a compassionate and transforming healing presence within their communities. Trinity Health Mid-Atlantic is a member of Trinity Health, one of the largest multi-institutional Catholic health care delivery systems in the nation.

About NeuroFlow

NeuroFlow provides best-in-class technology and care services for the effective integration of behavioral health at scale. Our platform enables innovative health plans, leading health systems, and government or military organizations to capture behavioral health insights and take action to proactively manage individuals and populations holistically. Learn more at <https://www.neuroflow.com/>

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