



CORPORATE WELLNESS PROGRAM

WHY ORGANIZATIONS TURN TO QUINTESSENTIAL HEALTH

Today's workforce is dealing with obstacles and challenges that have had a significant impact on employee mental health. Employees have reported a greater increase in areas of anxiety, depression, and stress. Quintessential Health partners with employers to provide an evidence based and holistic approach to employee health that has led to a supported work place with lasting change. Providing support in the areas that matter most.



Stress Management



Employee Burnout



Productivity Strategies



Work / Life Balance

BUILDING WORKFORCE RESILIENCE

As a company leader, we understand that your priority is to maintain a strong team with a culture that drives productivity, retention, and growth. Investing in the mental well being of your employees provides your organization the support needed to manage difficulties and obstacles in a healthy and supportive way.

WORKPLACE MENTAL HEALTH

1 MILLION

employees miss work every day due to stress (approximated estimate).*

91%

Report that stress negatively affects their work quality.*

53%

of employees reported feeling burned out at work.*

*Sources: The American Institute of stress | Indeed.com

THE QUINTESSENTIAL HEALTH EXPERIENCE

Quintessential Health equips your organization with personalized, engaging, and effective evidence based practices that impact the mental well being of your employees.

Our focus is to eliminate the obstacles that prevent organizations and employees from performing at their best.

OUR APPROACH

Collaborative Care

Our staff of psychologists and clinicians work directly with your leadership team and employees to identify the areas in which your team would benefit the most.



Virtual Setting

Our program is designed to reach your team from virtually anywhere. It's a fully interactive experience in which we engage with employees utilizing effective learning methods.

Data Driven

Tools and practices are developed through the collection of critical data from your employees. Progress is tracked to discover how our services have improved the level of care and well being of employees.



EXCEPTIONAL SERVICE

"Quintessential Health provides exceptional support and resources to our employees and human resource department, including annual psycho-educational webinars and mental health services. Our employee assistance programs are enhanced as a result of our QH partnership and we highly recommend them to other organizations." ~ [M3 USA](#)



SERVICE SNAPSHOT

- + Psycho-Education
- + Meditation
- + Yoga
- + Mindfulness Sessions
- + Integrative Nutrition
- + Peer Group Support

MOST POPULAR PACKAGES

Optimize your company wellness with a solution that is right for you.
 * Each plan includes a 10% discount towards Quintessential Health's treatment services for employees and their families.

Standard

3 month program

- **Access:** Live sessions in the areas of mental, physical, social, emotional, and nutritional wellness.
- **Integrations:** Accessible from anywhere with Microsoft Teams.
- **Data & Insights:** Reports provided to track trends and improvement.
- **Account Management:** Dedicated support from our team and guided onboarding.
- **Psycho-Educational Webinars** (4 Sessions)
- **Holistic Support Services:** Yoga, Dietitian, Meditation (2 Sessions)

Premium

6 month program

- All of the benefits of the Standard plan, plus:**
- **Psycho-Educational Webinars** (6 sessions)
 - **Holistic Support Services:** Yoga, Dietitian, Meditation (6 Sessions)
 - **Monthly Peer Groups** (4 Sessions)

Enterprise

12 month program

- All of the benefits of the Standard plan, plus:**
- **Psycho-Educational Webinars** (6 Sessions)
 - **Holistic Support Services** (6 Sessions)
 - **Monthly Peer Groups** (6 Sessions)
 - **Company Mental Health Retreat**
 - **Executive Support Services:** Team Building, Communication, Coaching

Contact Us
 1-833-QHCARES
www.QHealthOnline.com



Executive Team



Jean-Pierre Assouad, Psy.D.
Co-President

Dr. Jean-Pierre Assouad received his Doctorate of Psychology in Clinical Psychology from the APA accredited Philadelphia College of Osteopathic Medicine. Dr. Assouad received formal training in Cognitive-Behavioral Therapy (CBT) and has extensive leadership experience within the corporate and private mental health treatment sector. His clinical experience includes treating clients diagnosed with mood disorders such as PTSD, OCD, depression, and anxiety in individual and intensive outpatient setting. He received his certification in Prolonged Exposure (PE) therapy from the University of Pennsylvania's Center for the Treatment and Study of Anxiety, and is also trained in Exposure and Response Prevention (EXRP) treatment.



William La Valle, Psy.D.
Co-President

Dr. William La Valle earned his Psy.D. doctorate degree in Clinical Psychology from Philadelphia College of Osteopathic Medicine and an MA in Psychology from West Chester University. He is a licensed clinical psychologist in Pennsylvania. His specialties include assessing and treating Autism Spectrum Disorder & ADHD, CBT for anxiety/depression, and trauma- focused interventions. He is formally trained in Cognitive-Behavioral Therapy and Motivational interviewing. Dr. La Valle serves on multiple mental health boards in the tri-state area and regularly conducts presentations, advocating for the psychology profession. He has been the receipt of PCOM's Provost Award and APA's Honorable Mention for Early Career Psychologist.