

## **EMERGING, WORKPLACE MINDFULNESS COMPANY, LEVELHEAD™, RECOGNIZED AS A PREFERRED PROVIDER BY WELLNESS COUNCIL OF ARIZONA**

**PHOENIX, AZ – September 21, 2018:** Levelhead was recently recognized as a Preferred Provider by the Wellness Council of Arizona at their 33<sup>rd</sup> Annual Meeting and Awards Celebration, “Mindfulness @ Home, Work, & Beyond!” in Tucson, Arizona.

Levelhead is the **only** Preferred Provider named this year by the Wellness Council of Arizona. Being a Preferred Provider is a special distinction given to organizations who meet rigorous criteria and have partnered with the Wellness Council of Arizona to offer a unique program to its member companies at a preferred price.

As a result of a significant research pilot this summer, over 200 users from three Wellness Council of Arizona member companies engaged with the Levelhead program and saw significant results in just 60 days, including improved Mindfulness scores and reduced Perceived Stress scores. One user commented about the life-changing impact as follows: *“I was just diagnosed with high blood pressure as I started using Levelhead. As I’ve grown with Levelhead, I realized that I also had insomnia. I was using my iPad and electronics and technology throughout the night. This app is powerful! I now shut down everything 20-30 minutes before bed. I’m sleeping so much better. I was even having chest pain early on. I’m already seeing that my BP meds may not be needed – or may be reduced. My sleep is better. I’m less judgmental.”* B.C.

*“We are pleased to recognize Levelhead as a Preferred Provider this year”,* said Dan Johnson, Executive Director of the Wellness Council of Arizona. *“We have seen the impact mindfulness can have on improving employee well-being and boosting business performance. In this emerging industry, Levelhead is one of the leaders that has had the real-world experience and foresight to develop a program specifically for the workplace.”*

### **About Wellness Council of Arizona**

Wellness Council of Arizona (WELCOAZ) strives to be the recognized leader and resource for worksite health promotion in Arizona. WELCOAZ collaborates with healthcare providers, community leaders, businesses and institutions to improve the health of employees and their families. The Wellness Council received its original charter from the Department of Health and Human Services and the Health Insurance Association of America in 1985. They believe that advancing health insights, lifestyles and supportive cultures are invaluable tools in the workplace. Learn more at [www.welcoaz.org](http://www.welcoaz.org).

### **About Levelhead**

Levelhead is a digital engagement program designed to improve overall well-being and employee engagement in the workplace. Its unique combination of bite-sized practices that can be done anytime, anywhere are truly impacting employees’ work and home lives. Utilizing the latest digital engagement tools such as badges, stickers, and a leaderboard, teams within an organization can cheer each other on as they move toward a healthier, happier life. Add to that Leadership modules and development, robust measurement tools, and ongoing education via blogs and mini-podcasts, the Levelhead program is more than just another mindfulness app. Learn more at [www.getlevelhead.com](http://www.getlevelhead.com).

For more information, please contact:



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