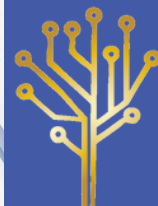


ESM CASE STUDY: HEALTHCARE

Mental health and lifestyle optimization clinic focuses proactively on employee health & performance

CLIENT PROFILE

- They are an advanced behavioural and medical health provider that is on a mission to empower individuals toward improved quality of life in a timely manner using breakthrough treatments
- 9 locations across 6 states and growing
- 120+ employees



THE SITUATION

Their nationwide expansion was fuelling the need for a scalable program to deliver proactive and holistic performance management training for both employees and patients to improve health, safety, and performance indicators.

OUR APPROACH

1. Identifying Gaps with Performance Pulses

Performance Pulses identified burnout risks, assessed performance strategies, and evaluated the impact of wearables and mobile tools.

2. Tailored Training Programs

Customized, evidence-based training enhanced employee performance, aligning with Revitalist's existing tools for a holistic development approach.

3. Wearable-Based Performance Monitoring

Continuous tracking of vitals, stress, and sleep patterns enabled proactive intervention to prevent burnout and optimize productivity.

4. Strategic Grant Submission

Co-authored a \$2.25M grant proposal, securing funding to advance performance programs and improve employee and patient outcomes.

THE RESULTS

- **Enhanced Employee Performance:** Tailored training and performance monitoring increased workforce engagement and reduced risks of burnout.
- **Improved Patient Care:** Real-time monitoring of patient vitals during and after treatment elevated the quality of care and safety standards.
- **Strategic Funding Secured:** A \$2.25M grant proposal was submitted to further develop and expand the program's reach and impact.
- **Scalable Solutions for Growth:** The performance monitoring and training programs were designed to support Revitalist's continued expansion while maintaining high-quality care.