

# Mental Checkup

Mental Checkup helps employees through an online conversation to easily assess their vitality and mental resilience.

**Mental Checkup** is a screened e-health application. Mental Checkup can be used by employees who feel the need to map their vitality and mental resilience with a coach. They discover what they are doing well to maintain their vitality and what they can do (more) to strengthen it. If it appears during this conversation that there is 'more' going on, we intervene by giving the employee a targeted referral.

**Mental Checkup** is available on all working days from 9:00-21:00. It consists of one 30-minute conversation. At the end of the interview, the employee, in consultation with the coach, gives himself a vitality rating on a scale of 1-10.

**Mental Checkup** is accessible with any device. Privacy is guaranteed in accordance with ISO 27001 (international information security standard) and NEN 7510 (Dutch healthcare standard). The coaching takes place outside the employer's system and no feedback follows.

individual - group

1:1 - **online**

educational - **preventive** - curative

Matched Care category:

@work @risk @home

Number of hours:

0 2 4 6 8 10 12 14

Turnaround time in weeks:

0 2 4 6 8 10 12



## This is what makes Mental Checkup unique:

- Low threshold - Direct contact without the intervention of others.
- After registration > within four hours telephone contact.
- Available on working days from 9 am to 9 pm.
- no reports
- But a questionnaire with characteristics and evaluation of effects.

# Shared Ambition offers solutions for three target groups

## @Work

For employees who are working  
and want to stay mentally healthy

## @Risk

For employees who are at risk  
of absenteeism

## @Home

For employees who are partly  
or fully absent

## Working together

Shared Ambition is an expert in work-related  
psychological health.

Do you want to learn more about Shared Ambition  
and/or our products and services? Please visit our  
site or contact us.

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## Matched Care Concept

@Work / Educational		@Risk / Preventive		@Home/ Curative	
Good balance	Too much stress	Increased need for recovery	Increased recovery deficit	Dysfunctional stress mechanism	Chronic stressors
Healthy stress	Insufficient recovery	Start of chronic stress reaction	Continued chronic stress reaction	Health damage	Change in physical system
Perform	Fatigued	Stress	Overburdened	Overworked	Burnout

## Our solutions

Trainingen & Workshops	Resilience	Mindfulness	(Psychological) coaching	Psychological interventions	Psychodiagnostics
	Mental Checkup		VRelax HeyCoach	VRelaxPlus Module	

## Job Vitality for sustainable employability

Favourable progress	Maintenance required		Sustainable employability at risk
Awareness	Self-examination	Coaching	(Multidisciplinary) Intervention

