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HBT and LifeSpeak Partner to Provide Expert-Led Wellness Support during COVID-19 Pandemic

LifeSpeak is a digital wellness platform that provides a meaningful wellness offering. HBT has partnered with LifeSpeak to provide a wealth of expert-led support and advice about mental health, relationships, and much more, along with the latest COVID-19 information to all members and their families for the next three months. There is currently no cost to members for this service.

You can watch videos, read blog articles, and interact with world-class experts in real-time. LifeSpeak is available anywhere and anytime, and access is 100% confidential. With over 360 videos to choose from, you are sure to find what you need.

[Sign up on our mailing list](#) to receive weekly communications so you always know what's going on.

Here are just a few of the expert-led videos and blog articles you'll find on your LifeSpeak platform:

- Keith Edwards, Speaker, Educator and Leadership Coach
[How does gratitude make people happier?](#)
- Louisa Jewell, Positive Psychology Expert and Speaker
[What are the major factors that contribute to making someone more resilient than others?](#)
- Dr. Brooke P. Halpern, Psy.D., J.D Clinical Psychologist
[How to manage anxiety during the COVID-19 outbreak](#)
- Shannon Lee Simmons, Certified Financial Planner and founder of the New School of Finance
[Managing your money during a global pandemic](#)
- Dr. Adi Jaffe, Ph.D. Addiction Medicine, Psychology
[The Impact of Mental Illness in the Workplace](#)
- Russell Kolts, Ph.D. and Author
[How do We Start Being More Mindful in Everyday Life?](#)

You can also log onto the platform at: <https://hbt.lifespeak.com> | Password: *lifespeak*

HR business leaders wanting more information regarding this resource, please reach out to KatieBowkett@lifespeak.com

Please forward to all employees and post on your company intranets to give everyone access to this wonderful new resource.