



HelloHealth

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HelloHealth/  
Social Justice Organization

**Case Study**

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## Challenge

Being at the forefront of social justice change is a high-stress, high-burnout profession, which often affects those who work in the field in a myriad of ways. The leadership at the Social Justice Organization recognized the need to bring holistic health care to their employees to ensure that their physical and mental health needs were being met. In addition, they needed a health care service that understands that “it is okay to not be okay” and knows how to treat effectively from that mindset. The Social Justice Organization strongly believes it is their responsibility to provide the right type of health care but wanted to find a solution that provided an integrated approach, not just a health care provider.

## Solution

In April 2020, HelloHealth and the Social Justice Organization partnered to provide an all-around health care solution to the Social Justice Organization team. Through an integrated approach, which included creation and implementation of COVID-19 protocols, HelloHealth made whole-person health care accessible and attainable. Not only did HelloHealth provide immediate care, but it also introduced the concept of “resilient wellness,” a skill critical to those working in high-stress environments.

Over the course of 18 months, HelloHealth has become an integral part of the Social Justice Organization team, providing team-building workshops, mindfulness sessions, and complete health care needs.

### Business Name/Industry:

Social Justice Organization<sup>1</sup>

### HelloHealth Services:

- Team Physician
- COVID-19 Protocols
- Infection Control
- Mental Health Counseling
- Mindfulness Training
- Healthy Living Coaching
- Processing Groups

**Benefits:** Services allowed those on the front line of social justice change access to the holistic health approach necessary to combat the high-stress reality of working in a diverse, intersectional environment. By bringing health care directly to the employees, HelloHealth was able to help the Social Justice Organization at their point of need, taking away the stress of carving out time to travel to various health professionals as well as providing services to those who might not easily access them otherwise.

### Testimonial Quote:

*“It’s not just nice to have holistic health care, it’s a key responsibility as an employer to offer this necessity. In a staff survey, HelloHealth’s services were valued as the #1 benefit we offer. Better than anything, even vacation!”*

– Chief People Officer of Social Justice Organization

<sup>1</sup> Names have been changed to protect privacy.

## Results

The HelloHealth/Social Justice Organization partnership has been a strong one, creating a more positive work environment and allowing employees the opportunity to achieve and maintain a stellar performance level. HelloHealth has become a trusted team member, bringing certainty that health care professionals are invested in the employees.

In the 18-month partnership, HelloHealth has

- Created COVID-19 protocols, allowing employees to safely continue their work
- Conducted 15+ workshops
- Provided physicals and acute care
- Offered mental health care

During the course of the partnership, HelloHealth has become an invaluable part of the Social Justice Organization team, delivering services that allow employees to maintain a busy, high-stress load but at a high-functioning, healthy level. Employee morale has improved, and employees value HelloHealth's contribution more than vacations and retirement benefits. A holistic approach to physical and mental well-being has positively impacted the lives of those working toward what, at times, may seem an impossible goal. With HelloHealth at their side, they remain healthy and mentally prepared to continue the challenge.

HelloHealth reimagines employee wellness—marrying mental, emotional, physical, and professional needs. The world has changed. Companies are seeing burnout of key players, experiencing the impact of the pandemic on employees and the bottom line, and dealing with blurred boundaries between work and home—not to mention rising health care costs—and a drastic change of pace. We seamlessly address those barriers to ensure that you and your employees can thrive.

Visit [hellohealthtoday.com](https://hellohealthtoday.com) to learn more.