



HelloHealth

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HelloHealth/Georgia Power

**Case Study**

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Georgia Power was established in 1902 as the Georgia Railway and Power Company. Today, this investor-owned, taxpaying public utility company serves more than 2.4 million customers in all but four of Georgia's counties. Georgia Power, headquartered in Atlanta, Georgia, is the largest subsidiary of Southern Company, one of the nation's largest generators of electricity.

## Challenge

The global pandemic brought stress and uncertainty that adversely affected the predominantly extroverted workforce of Georgia Power's Strategy and Solutions division. For a group that was highly engaged in community activities and consistently operated at a high level of interaction, being relegated to home was fear-inducing. The "false starts" that occurred with returning to work post-quarantine only increased anxiety and the need to find ways to cope with the stress and confusion. Georgia Power sought to support its employees by placing a high priority on mental and emotional health.

## Solution

HelloHealth provided a series of workshops designed to foster and enforce strategies aimed at improving and maintaining mental and emotional wellness. Through sessions that taught employees how to manage their boundaries and how to vocalize what specific tools they needed to help them be well, HelloHealth reduced stress and improved the overall positivity of the group. The concrete steps provided by HelloHealth to improve employee mental health and well-being resulted in a workforce better able to handle the continuing uncertainties created by the pandemic while ensuring that they are prepared for any future crisis.

**Business Name:** Georgia Power

**Website:** [georgiapower.com](http://georgiapower.com)

**Industry or Business Type:**

Utilities Company

**HelloHealth Services:**

- Mental/Emotional Health Strategies
- Crisis Response
- Workshops

**Benefits:** HelloHealth provided Georgia Power employees with workshops and strategies to manage boundaries and identify what was needed to promote health and emotional safety. As a result of imposed isolation and uncertainty during and immediately after the height of the COVID-19 pandemic, employees needed strategies to help them regain control over their lives, reduce stress, and improve overall positivity.

**Testimonial Quote:**

*"HelloHealth reminded us that wellness is physical and mental. They make a difference by providing concrete steps to improve mental health and well-being. It's not theory, but reality."*

– Bentina Terry, Region External Affairs and Community Engagement Team, Georgia Power

## Results

The HelloHealth/Georgia Power partnership defines the idea that targeted health strategies, designed to identify and empower crisis-stressed employees, can provide health benefits that translate to overall wellness and productivity.

During the two-year partnership, HelloHealth has

- Conducted workshops targeted at reducing stress, managing boundaries, and identifying health needs
- Provided crisis response strategies to team members struggling with ongoing pandemic-related stress
- Trained employees in recognizing and developing crisis management techniques for wellness

Georgia Power's Strategy and Solutions team was reminded that wellness is physical and mental. Without brain health, physical health suffers—and vice versa. The strategies and solutions provided by HelloHealth were concrete, practically applied steps that led to real health gains. Employees loved the sessions, resulting in increased effectiveness, healthier employees who were less stressed and more capable of dealing with feelings of anxiety, and an overall increase in positivity and empowerment.

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.

HelloHealth seamlessly addresses those barriers to ensure that you and your employees can thrive.

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