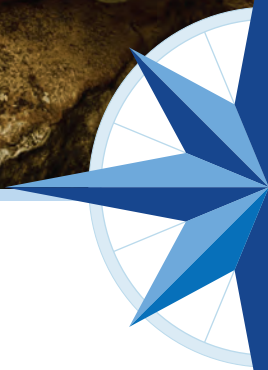


Your Success is our Compass



CASCADE CENTERS
INCORPORATED

www.cascadecenters.com



Reduce employee expenses.
Improve quality of life.

About Us

Since 1975, Cascade has set out to decrease employee related expenses and improve quality of life. We provide comprehensive and leading edge services to organizations and individuals nationwide, such as:

- Employee Assistance Programs (EAP)
- Work/Life Balance Programs
- Wellness Programs
- Onsite Health Screenings
- Organizational Training and Development
- Student Assistance Programs
- Military Helpline
- Executive Coaching

As the nation's 25th largest Employee Assistance Program provider, we're able to serve organizations nationwide, by providing evidence based outcomes while using advanced technology. Despite being the 25th largest EAP in the nation, our service model remains high-touch and customizable.

ORGANIZATIONAL EAP SUCCESS

Planning and Promotion

Benefit Integration

Outcome Measures

Proactive Account Management

Partnership

Wellness Road

Measurable EAP Impact

To help our customers evaluate the impact of Cascade's EAP intervention on workplace performance, we utilize the Workplace Outcome Suite (WOS).

The WOS is a validated tool that measures change in work performance in the five (5) following areas:

Absenteeism - Time spent out of work

Presenteeism - Time spent at work distracted

Work Engagement - Job involvement or stimulation

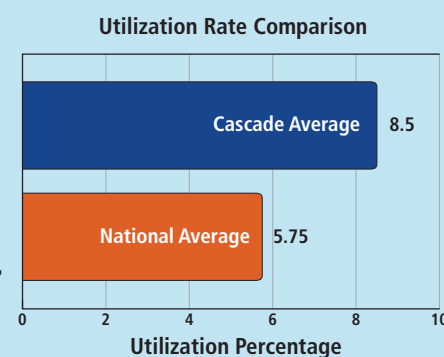
Work Distress - Job anxiety

Life Satisfaction - Personal wellbeing & quality of life

Accomplished & Innovative

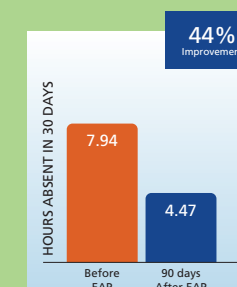
With over 42 years of experience serving private companies and public agencies, we have honed our talents to be receptive to what you need to serve your employees better. We know what it takes for EAP success.

Through creative marketing and true partnerships, Cascade's clients utilize EAP services at a rate higher than the national average.

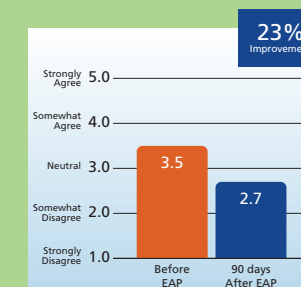


*Source: National Behavior Consortium, 2012 Survey of EAP Vendors

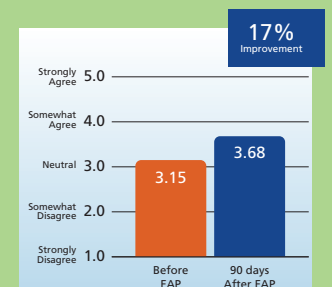
A recent study by Cascade collected data both Pre and Post EAP intervention (approximately 90 days later), on a random sample of 1,302 employees to make up a book of business report. The results showed statistically significant improvement in the following areas post EAP intervention:



Absenteeism



Change in Work Presenteeism



Change in Life Satisfaction

A whole person approach to Health and Productivity

Cascade knows comorbidities occur between physical health and behavioral health, such as diabetes, depression, obesity, hypertension, and stress. Cascade’s Master’s level phone staff evaluates employees with a “whole person” perspective, while guiding them to a combination of resources that will help improve health and balance in all aspects of their lives.



Cascade Health

In 2012, Cascade Centers, Inc. introduced Cascade Health for organizations interested in taking their wellness program to the next level. Our aim is to integrate behavioral health services from Cascade's EAP into our wellness solutions.

Solutions include:

- Health Screenings
- WholeLife Behavioral Health Scale
- Financial Wellness
- Health Coaching
- Onsite Classes and Seminars

Health Screenings Made Simple

Cascade offers certified blood draws that provide solid baseline stats for your employees' health. Screenings Include:

- Assistance from start to finish.
- A full menu of tests.
- The ability to reach nationwide and be fully scalable. Wherever your employees are located, we have you covered.

Integrated Health Coaching and Behavioral Health

Each individual screened receives a follow-up session with a certified health coach, who is also a Master's level, licensed EAP counselor. Coaches provide support and guidance from a Whole Person perspective and assist with work/life stress, mental health, and physical health.



Behavioral Health Risk Solutions

According to the American Journal of Psychiatry, employees' mental health and substance abuse disorders cost US employers \$400 Billion each year. Direct costs include expenses for health and mental healthcare services, pharmaceuticals, short and long term disability, and other services related to providing care.

Learning about one's mental health state can take hours and multiple assessments. A tool to assess all aspects of mental health has never existed, until now.

Cascade's proprietary question set provides immediate feedback and solutions for the following areas:

- Depression
- Anxiety
- Substance Abuse
- Stress
- Sleep
- Work Engagement
- Relationships
- PTSD

WholeLife Scale™

Cascade's "WholeLife Scale™" is a Behavioral Health Risk Assessment (BHRA) developed to circumvent the high cost of mental health concerns in the workplace, bring awareness to mental health, and improve the quality of life of employees.

Features include:

- Questions tested for validity and reliability
- Individual BHRA score
- Aggregate executive summary
- Participation reports
- Outreach and intervention
- Stigma reducing campaign



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