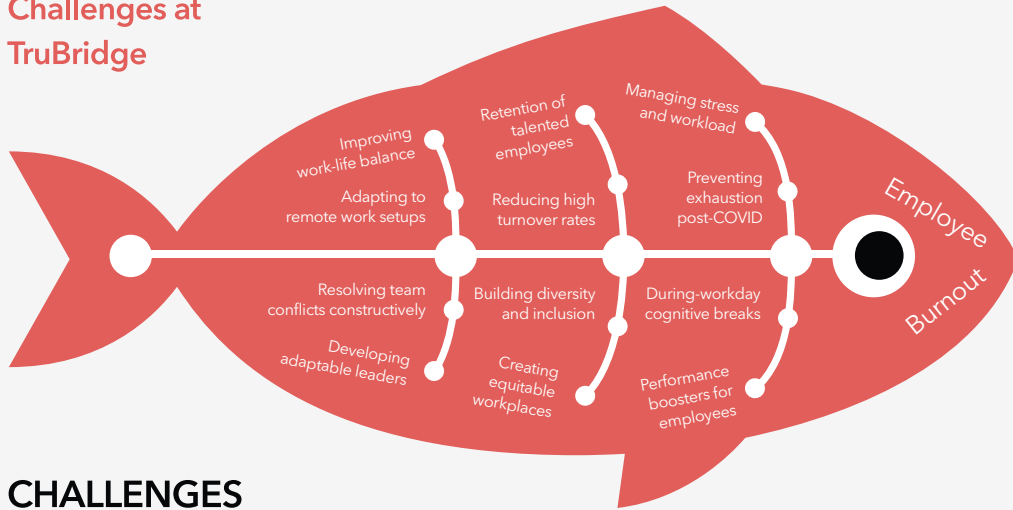


ABOUT TRUBRIDGE

TruBridge is a healthcare solutions company specializing in EMR software improving workflows, and supporting patient care, particularly for hospitals, clinics, and other healthcare facilities in rural areas.

Challenges at TruBridge



CHALLENGES

- **Employee Burnout:** Managing stress and workload effectively to prevent exhaustion especially during and post COVID.
- **During Workday Breaks:** Providing during-workday cognitive breaks and performance boosters.
- **Retention Issues:** Keeping talented employees engaged and reducing turnover rates.
- **Diversity and Inclusion:** Building equitable and welcoming workplaces for all.
- **Work-life Balance:** Helping employees juggle personal and professional responsibilities.
- **Remote Work Adaptation:** Ensuring productivity and collaboration in hybrid or remote setups.
- **Conflict Resolution:** Addressing interpersonal or team disputes constructively.
- **Leadership Development:** Cultivating effective, adaptable leaders for organizational growth.

Reducing Stress/Enhancing Performance

Cultural Workplace Transformation



SOLUTION

1. Phase 1

Training for Top 50 Leaders. In-person training followed by 4-weeks of 1/week small group case studies sharing real-life application of neurohacks to reduce stress and enhance productivity both at work and outside work. Neuro580 app was utilized to get custom in-the-moment neurohacks for unpredictable and predictable high stress scenarios.

GROUND-BREAKING MS CALENDAR INTEGRATION: Neuro580 was integrated into Microsoft Calendar.

- A feature called "Game-Time" was introduced into all employees MS Calendar. GameTime refers to any high stress event requiring high levels of focus or stress management such as performance reviews, problem-solving meetings, etc
- Employees were trained to identify 1 or 2 daily events in calendar as GameTimes. 5 minutes before these events, an auto alert from MS Calendar is sent to personal mobile devices with access to Neurohacks to prepare for the event.
- If other employees are including in the calendar invite, they too would get the neurohacks - a feature used my meeting organizer.

2. Phase 2

Once the Top Leadership was trained, after a month, the next 500 employees of managers went through the same program. Thereafter, online course and access to Neruo580 app was provided to all employees. And finally, all employees were provided training.

Daily Utility

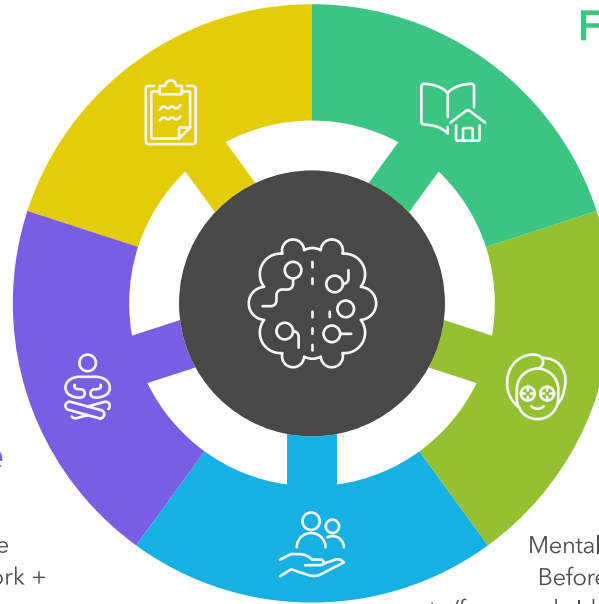
Full integration into workplace workflow via MS Calendar



Scheduling GameTimes in Calendar

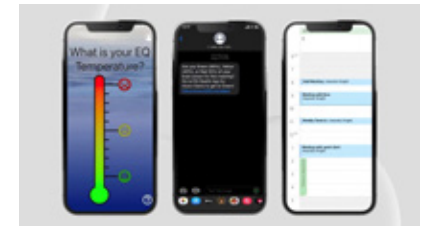
Personal Use

Employees using neurohacks outside the workplace (Remote work + stress situations)



Family Transfer

Numerous examples of employees teaching/using neurohacks for family stress management



5-10 mins before each GameTime, auto neurohacks sent to personal device to access customized Neurohacks to reduce stress and enhance cognitive function.

Stress Reduction

Neurohacks used when Needing Quick Mental Breaks, Giving Feedback, Before key meetings, Commute to/from work, Ideation, Conflict Resolution

External Customer Interaction

Neurohacks used in Call Center and other customer facing stress situations

FEEDBACK

1. "In the 1st 6 months alone, TruBridge averaged 90 GameTime scheduled MS Calendar invites per business week."
2. "Neurohacks are key to refocusing my attention at critical times to be my best"
3. "This is revolutionary for the workplace"
4. "Neuro580 has taught me to manage my brain to help myself and others get to Green"
5. "I use neurohacks to lower brain noise and make better decisions daily"

