Climate Impacts on Mental Health:
The Importance of Climate-Resilience

March 21, 2022
GuideWell is a not-for-profit mutual holding company and the parent to a family of forward-thinking companies focused on advancing health care. We are at the forefront of the health care evolution, innovating, collaborating and advocating for a health care system that works better for everyone. Established in 2014, the GuideWell organization includes:

- Florida Blue, the leading health insurance company in Florida
- Florida Blue Foundation, a philanthropic affiliate committed to delivering on GuideWell’s mission
- GuideWell Health, a portfolio of clinical delivery organizations
- GuideWell Venture Group, a portfolio of companies, including Onlife Health and PopHealthCare, focused on creating human-first, innovative health solutions for health plans
- GuideWell Source, a provider of administrative services to state and federal health care programs
- WebTPA, a market leading administrator of self-funded employer health plans
- Triple-S Management, the leading health care services company in Puerto Rico

In total, GuideWell and its affiliated companies comprise more than 18,000 employees and serve more than 46 million people in 45 states, plus Washington, D.C., the U.S. Virgin Islands and Puerto Rico.
MISSION & VISION

Advance the health of people and communities by addressing key drivers of health, encouraging and supporting employee engagement and partnering with community organizations.
SOCIAL IMPACT AT GUIDEWELL

At GuideWell, social impact is a day-to-day imperative. Our businesses each set out to make a meaningful, tangible difference in the health of the people we touch. We set clear strategies that drive impact on several fronts, from affordable, equitable health care to a healthier environment. Our social impact approach is designed to generate social, environmental and economic value for all of our stakeholders: members, customers, patients, health care providers, employees, our communities at large, business partners and society as a whole.

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<thead>
<tr>
<th>Holistic Health</th>
<th>Inclusive Business Practices</th>
<th>Environmental Sustainability</th>
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<tbody>
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<td>We recognize that there is no one-size-fits-all approach to health care, and are deeply committed to improving social, environmental and behavioral drivers of health. Our holistic approach ensures that the people we support receive proper medical, behavioral and social services at the right time, by meeting them where they are in their health journey.</td>
<td>Our diverse and inclusive workplace values the unique perspectives and contributions of all of our employees. We work closely with members, patients, employees, community providers and other health care organizations to foster and implement diverse, inclusive and equitable (DEI) practices both internally and externally.</td>
<td>We know that environmental conditions directly impact population health. That is why we promote environmentally responsible behavior and practices throughout our operations and industry so that we may better serve our members, strengthen community health and protect our planet.</td>
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## OUR DRIVERS OF HEALTH

### Overarching Theme: Healthy Communities

<table>
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<tr>
<th>Goal</th>
<th><strong>FOOD SECURITY</strong></th>
<th><strong>HEALTH EQUITY</strong></th>
<th><strong>MENTAL WELL-BEING</strong></th>
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<td><strong>Target Issues</strong></td>
<td>Impact <em>food security</em> of families and communities to help mitigate associated costly issues, which can be <em>detrimental to health, development, and well-being</em></td>
<td>Improve <em>health equity</em> to ensure that families and community members have both the access and opportunity to attain full health potential and are not disadvantaged due to environmental, economic, and social circumstances</td>
<td>Advance <em>mental well-being</em> for families and community members to mitigate the stressors associated with such issues that often impact entire families and/or communities</td>
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| | • Access to healthy food for those that live in food deserts  
• Affordability of healthy food  
• Awareness and education surrounding proper nutrition | • Access to health and healthcare for underserved populations  
• Provider awareness and education around the health inequity of patients  
• Access to health education | • Awareness of current mental health status  
• Education around mental well-being and opioid/substance abuse  
• Support in addressing stress, anxiety, loneliness, addiction, etc. |
| **Example Metrics** | e.g., Rate of food insecurity | e.g., Access to quality primary care | e.g., Number of mentally healthy days |
GUIDEWELL’S COMMITMENT TO CLIMATE CHANGE

- Championing Solar Power
- Improving Water Management
- Cutting Food Waste
- Reducing Paper Waste
### Partnership with The Red Cross
- 30% of Red Cross cases seek help with mental health after a disaster
- Over 100,000 health and mental health consults provided to give emotional support and care following the most recent hurricanes

### Surfside Condo Collapse
- Joined forces with nearly 30 non-profits to create a Mental Health Collaborative designed to:
  - Coordinate community engagement, identification and awareness of resources
  - Train more disaster/trauma-informed therapists
  - Respond to future mental health/disaster/trauma needs in our community
  - Explore funding opportunities for services

### Partnership with The Consortium of Florida Education Foundations
- Tremendous need for mental health services in students and staff after Hurricane Michael
- Provide mental health training to school employees
- Support ongoing mental health counseling for students experiencing personal and family loss due to Hurricane Michael

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**FLORIDA BLUE’S DISASTER RELIEF SUPPORT**

$3 million in Disaster Relief Support in the last 3 years
In 2021, the Foundation funded Mental Well-being grants in nine counties that advance mental well-being for families and community members to mitigate the stressors associated with issues that often impact entire families and/or communities.

The investment in these 12 nonprofit organizations supports community-based programs that directly improve access to and quality of mental well-being services, particularly for the underserved and uninsured, including racial and ethnic minorities, and low-income populations.

MENTAL WELL-BEING GRANTS

- Beaches Emergency Assistance Ministry (BEAM) (fiscal agent for Here Tomorrow)
- Children’s Home Society
- Episcopal Children’s Services
- Central Florida Foundation (fiscal agent for LGBT Plus Center Orlando)
- University of Florida Foundation
- Hope Partnership
- Hospice of the Florida Suncoast
- Faulk Center for Counseling
- Nova Southeastern University
- Guitars Over Guns Organization
- Kristi House
- Seniors in Service of Tampa Bay
MENTAL WELL-BEING RESULTS

Florida Blue Foundation Grants

Last year, the Foundation invested $7.6M in the community to address mental well-being training programs and opioids & substance use disorder recovery programs.

More Than 10K People
Received mental health training as a result of our funding.

Nearly 2,200 Floridians
Were connected with peer counselors for opioid use disorder.

Cost-Savings of $291K
In emergency room expenses related to OUD.

53% of Participants
Improved their mental health and well-being.

Only 29% Returned to the ER
For an opioid use disorder related reason after receiving services.

Digital Platform
16,000 Members and employees utilizing our resilience digital coaching platform.
Florida Blue employees offer their time, talent and expertise to help make a difference in their community
- Annual Volunteer of the Year Award
- Employees can search for opportunities and log their volunteer hours on the Florida Blue Volunteer portal on Intranet

Company support for over 50 years
- #1 campaign for 20 years
- GuideWell employees contribute
- Matching contributions

GuideWell’s employee relief fund
- Provides short term assistance to employees during times of financial hardship
- GuideWell family of employees helping one another
- Donations available via PTO Cash-Out, payroll, or online

Florida Blue offers employees up to 8 hours time off per year to volunteer in their community

Annual company-sponsored collection drives:
- VetNet Treat-A-Troop
- Backpack/School Supply Drive
- Food Drive
- Holiday Adoption Drive

GuideWell employees raise awareness and funds in statewide walks, runs and rides for worthy causes including heart disease, diabetes, Alzheimer’s and cancer.

Enterprise leadership provide professional skills through nonprofit board leadership

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Since 2005, 123 Sapphire Awards, totaling more than $5.9 million, have been awarded to individuals, programs and organizations from across Florida.

Two-day event, with 600+ attendees featuring national speakers, panel discussions, professional development, and networking.

May 4 & 5, 2022
Hyatt Regency
Grand Cypress Hotel
Orlando, FL

2022 Community Health Symposium and Sapphire Awards

Big Issues in Health: A Focus on Health Equity

Florida Blue Foundation
THANK YOU