

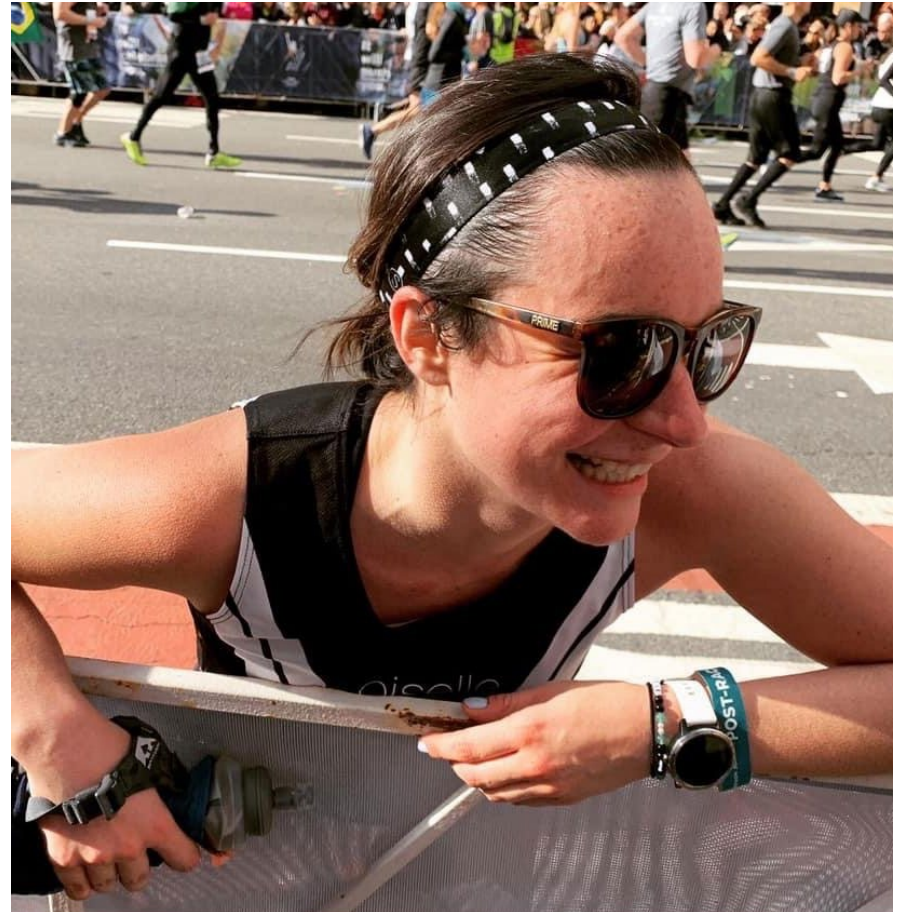


Resilience, Perseverance and Dreaming Big

Krista Bouchard

KRISTA'S STORY

- Mental health and adolescence
- Perseverance
- Mental health as a young adult
- Resilience
- Medication Safety Program
- Dreaming Big
- Dreaming Bigger



MENTAL HEALTH AND GROWING UP



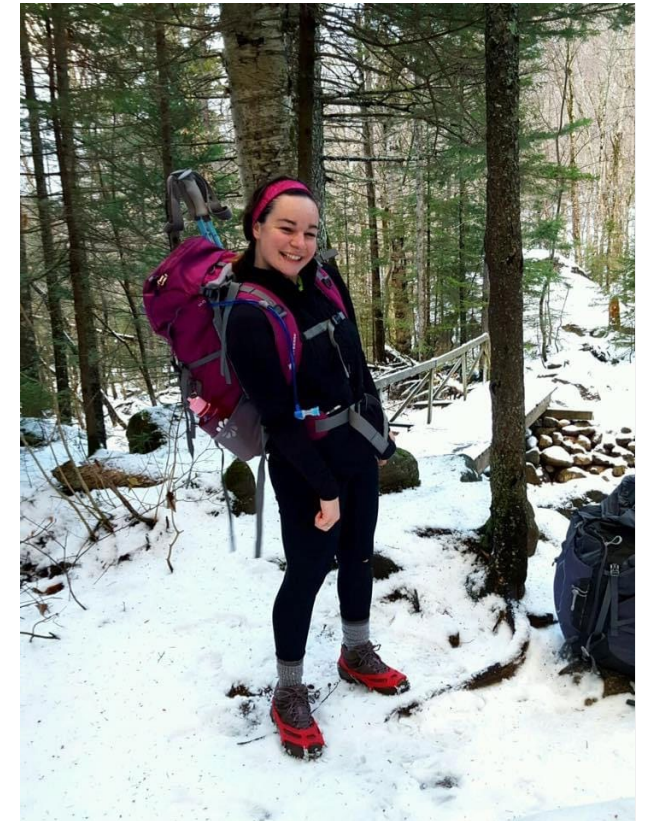
PERSEVERANCE



MENTAL HEALTH AS A YOUNG ADULT

Depression

- Affects 280 million people globally
- Can happen to anyone at any time
- Symptoms and patterns



RESILIENCE



CORIGEN[®] MEDICATION SAFETY PROGRAM



If you or someone in your family were taking medications that weren't safe or effective, wouldn't you want to know? Now you can!

Discover if the medications you take now – or could take in the future – are right for you.

How it works:

1. Eligible covered individuals complete the online enrollment form to have a DNA test kit shipped to their home.
2. Simply follow the instructions in the kit for taking a saliva sample and return the kit via the US Postal Service with the prepaid return shipping label.
3. Pharmacists from Coriell[®] Life Sciences' network will analyze your results to see how your DNA, combined with other factors, affects the medication(s) you take.
4. Once complete, you will receive a notification to schedule a phone call with a Coriell Life Sciences Program pharmacist who will receive your results and may make recommendations to you and your physician.



Learn more at coriell.com/healthtrust or by calling 888.456.9184.



To check eligibility, enroll, or for more information, scan here



CORIGEN[™]

DREAMING BIG



DREAMING BIG



DREAMING BIGGER



TAKEAWAYS

- Forward is a pace.
- There will be bad days.
- Normalize mental health.
- Your mind is your greatest asset.



**THANK
YOU!**

