

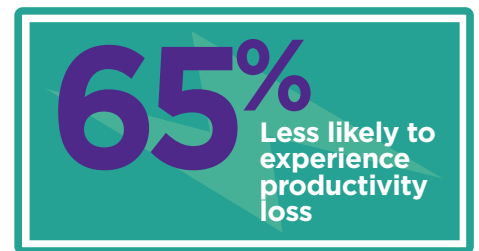
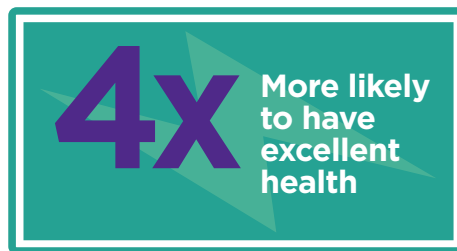
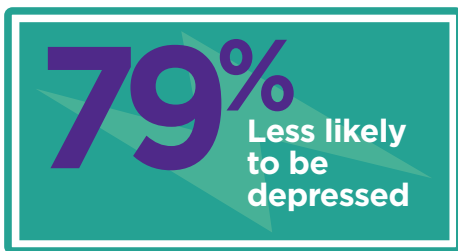
recharge⁺



reset • rethink • reconnect

What is it? recharge⁺ is an end-to-end digital solution designed to increase participants' resilience in the face of new challenges and adversity. High levels of resilience are related to better well-being, improved mental and physical health, higher productivity, and lower depression scores.

People with higher resilience are...



Resilience

1. *an ability to recover from or adjust easily to misfortune or change* - [MERRIAM-WEBSTER](#)
2. *the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress* - [APA](#)

recharge⁺ uses the REM (Resilience Evaluation Measure), ProChange's innovative, validated, assessment of resilience to provide users with a snapshot of their current level of resilience and provides immediate feedback on how they can improve. Unlike other solutions, recharge⁺ captures participants' improvement over time and continually updates and tailors end-user feedback.

Tailored text messages then provide users with guidance in 3 key domains of resilience to...

1

reset
their life's meaning & purpose

SAMPLE TIP:
Take an inventory of your time. What distractions are keeping you from the things that really matter?

2

rethink
their mindset

SAMPLE TIP:
Being in nature or even viewing scenes of nature (think screensaver), reduces anger, fear & stress and increases pleasant feelings.

3

reconnect
through strong social connections

SAMPLE TIP:
We all want someone to lift us up in times of trouble. Who can lift you up?

recharge⁺ also offers on-demand reporting and insights for organizations about their population's overall level and progress in key domains of resilience over time.