

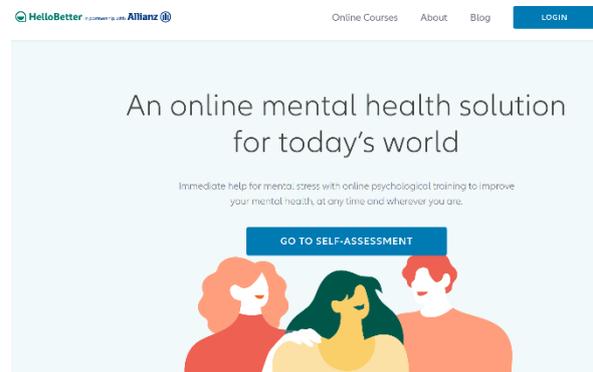
Paris, 4th June 2020

Allianz Partners and HelloBetter collaborate to scale-up access to digital mental health support

With one in four adults suffering from some form of mental disorder, mental health is a major challenge facing businesses today. In its mission to provide access to quality care as quickly and easily as possible, Allianz Partners is announcing a new partnership with digital mental health pioneer HelloBetter, to offer fully digital, scientifically-proven solutions for mental wellbeing.

Digital technology and human interaction powered by science

Founded by internationally renowned research psychologists, HelloBetter online courses have been proven highly effective in over 30 randomized control trials and have been evaluated according to the highest standards of scientific practice. They offer a digital alternative to face-to-face therapy, allowing participants to achieve a comparable reduction of symptoms in only 6-8 weeks.



With HelloBetter, users can take charge of their mental wellbeing, when they have no mental health issues and would like to strengthen their mental fortitude, but also if they are looking to overcome more severe problems. An online portal acts as the main service hub, offering advice and tips from experts and inviting users to take a short mental health screening test. After the self-assessment, one of the following cognitive behavioral training programs is recommended to the user: stress, mental health problems in times of the corona-pandemic, depression and sleep problems. The level of proactive support from psychologists throughout the training program depends on the severity of the users' condition. When needed, the psychologists are also accessible to the user via a hotline number. The offer is currently available in English and German, with further languages planned for the future.

Users are already benefitting today

HelloBetter has already been rolled out to several Allianz operating entities, with plans to extend the service to other companies, as well as outside of Germany.

In addition, to support the general public during the pandemic, Allianz has sponsored HelloBetter to offer free psychological support to everyone living in Germany. Since mid-April, this offer has attracted a high level of interest – with thousands of users signing up to a free online course, calling the hotline and joining a Facebook support community. As of today free support for the general public is also available in English at [“Calm through the Crisis”](#).

Sirma Boshnakova, CEO of Allianz Partners comments: “Allianz Partners aims to be the peace of mind button for our customers, providing access to quality care as quickly and easily as possible. HelloBetter holistically supports employees’ mental wellbeing by providing a structured approach to maintaining good mental health, and a safe space to talk to professionals.”

Hannes Klopper, CEO of HelloBetter adds: “Mental health issues are a true burden for employees and employers alike. HelloBetter, the world’s leading provider of digital mental health solutions, enables companies to offer their employees easy access to scientifically proven restoration and strengthening of their mental health and to increase employee satisfaction. We are thrilled that Allianz Partners will help us to deliver our solution to people in need, in the context of the Covid-19 pandemic and beyond.”

About HelloBetter

HelloBetter is a pioneer in the field of digital mental health and a leading provider of online mental health courses. Its work has a strong scientific basis – the courses were developed, evaluated, and implemented in a practice setting, and their effectiveness has been proven in 32 randomized controlled trials according to the highest standards of scientific practice. HelloBetter offers the widest range of evidence-based online mental health courses worldwide, with 11 digital courses covering 8 problem areas (stress, depression, insomnia, depression in the case of chronic illness, chronic pain, alcohol consumption, excessive worry, and panic and anxiety).

About Allianz Partners

Allianz Partners is a world leader in B2B2C insurance and assistance, offering global solutions that span international health and life, travel insurance, automotive and assistance. Customer driven, our innovative experts are redefining insurance services by delivering future-ready, high-tech high-touch products and solutions that go beyond traditional insurance. Our products are embedded seamlessly into our partners’ businesses or sold directly to customers, and are available through four commercial brands: Allianz Assistance, Allianz Automotive, Allianz Travel and Allianz Care. Present in 75 countries, our 21,000 employees speak 70 languages, handle over 71 million cases each year, and are motivated to go the extra mile to help and protect our customers around the world.

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