

# Overview

Industry: Technology

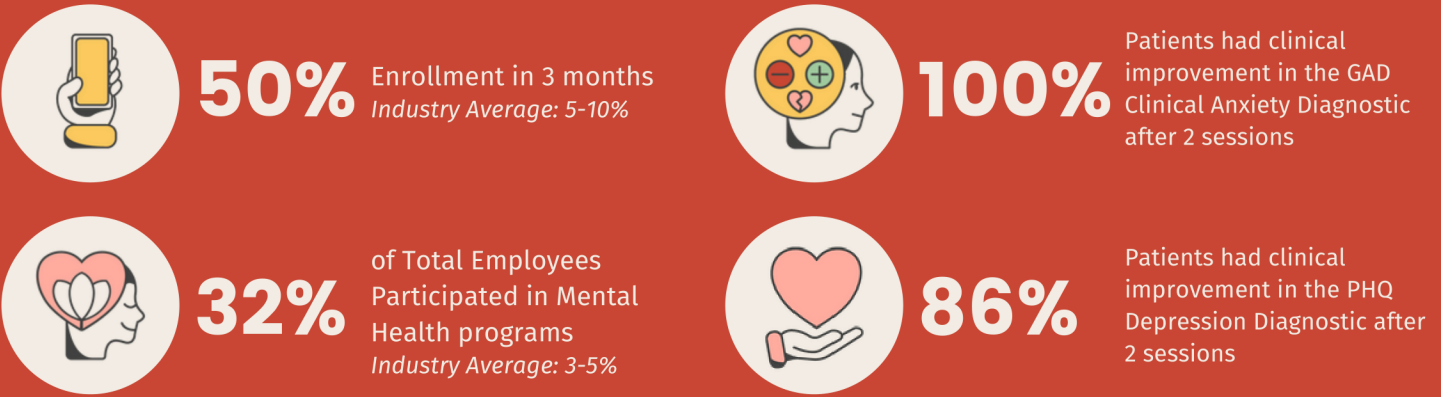
Employee count: 75 employees

Headquarters: California & Mexico

The challenge

Provide personalized mental health support for a fully remote team across the U.S. and Mexico to help reduce burnout and risk of employee churn.

## The results



## Proactive mental health for a fully remote company

Cerby is a cybersecurity company that believes in the power of automated protection. They make sure the biggest brands in the world are protected with their passwordless authentication platform, so those brands can focus on what matters most: running their business.

Offering this level of protection doesn't stop with their customers – Cerby ensures they protect their employees' physical and mental health with MiSalud as their preventative health and wellbeing partner.



## MiSalud's Approach

Cerby wanted to provide mental health coaching to employees dealing with work-related stress, pandemic isolation, family and financial situations, and other issues that lead to burnout and risk of employee churn. They chose MiSalud to help with the mental health challenges of team members across both the U.S. and Mexico. MiSalud proactively engaged in mental health workshops and education with the Cerby team, destigmatizing the need for mental health support with the majority male employee base. MiSalud also introduced the MiMente program, which helped employees get diagnosed for severity of mental health issues, enroll in a program with the mental health coach of their choice, and clinically measure improvements every 2 sessions.



## The outcome

Cerby saw an impressive 50% of employees engaging with MiSalud within the first 3 months. The average wait time for mental health services was under 5 minutes, and Cerby employees could schedule mental health consultations within the same day. During times of remote work, high deadlines and economic uncertainty, the Cerby HR team was there to provide support with MiSalud. 100% of Cerby employees reported improvement in the GAD Clinical Anxiety Diagnostic after 2 sessions, making Cerby's investment in employee mental health meaningful, as it improved their productivity, engagement, and well-being.

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The mental health tips I received were very good and helped me improve in small daily situations.

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“

I just needed to talk to some one at the moment and it was so quick to connect with someone at MiSalud.

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Everything went great with Dra. Ale! Loved her energy.

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