

Emotional Well-Being Assessment

Anxiety Mental Health Screening (using the GAD-7 Assessment)

HIPAA-Compliant • Instant Personal Results • Recommendation Report

ASSESSMENT WINDOW • VIRTUAL EVENT

You choose a Monday through Friday window. Employees complete the assessment on their own device. CHA provides the registration link, a suggested employee flyer, and a 4-email schedule you can send as-is.

2026 PRICE BREAKDOWN

Per participant • Based on a minimum of 30 participants

\$18

per participant

STARTING PRICE

Standard per-participant rate

SAVE \$3

\$15

per participant

SILVER YLWP DISCOUNT

Year-Long Wellness Program

SAVE \$6

\$12

per participant

GOLD YLWP DISCOUNT

Year-Long Wellness Program

HOW THE ASSESSMENT WORKS

- Validated 7-question GAD-7 tool (score 0 to 21).
- Most people finish in under 2 minutes.
- Simple 0 to 3 scale. No special knowledge needed.
- Complete on any phone, tablet, or laptop.
- Scores: 0-4 minimal, 5-9 mild, 10-14 moderate, 15-21 severe anxiety symptoms.

CONFIDENTIALITY AND RESULTS

- Individual results go only to the employee's email.
- HIPAA-compliant secure link. No one at the company (including HR) sees personal health information.
- Results typically arrive within 1 business day.
- PDF includes score, insights, and next-step tips.
- HR receives names only, plus a general report.

WHAT YOU SEND TO EMPLOYEES (INCLUDED)

- A company-specific registration link and Group ID so employees can start on their own device.
- A suggested employee flyer (with QR code) you can attach to emails or post internally.
- A ready-to-send 4-email schedule designed for a Monday through Friday window:
 - 1) One week before • 2) Opening day • 3) Day before close • 4) Final-morning reminder
- Each email explains what the assessment is, why it is private, and how to register.

WHY BUSINESSES CHOOSE THE ASSESSMENT WINDOW / VIRTUAL MODEL

- Lowest lift for HR. No table to staff and no clinic-day logistics. You send the link, flyer, and emails we provide.
- Employees participate privately, on their own time, which often increases completion across hybrid and multi-site teams.
- CDC data (2022): 18.2% of U.S. adults reported anxiety symptoms in the past two weeks, highest among younger workers.
- Studies commonly cite about \$4 returned for every \$1 invested in mental health assessment and treatment.
- Early check-ins support retention and culture by showing mental health is a workplace priority, not an afterthought.
- Best fit for virtual wellness events, distributed teams, and companies that want a full week of access rather than one day.

Ready to support your team's emotional well-being?

Jared Otto, CEO • jared@clinicalhealthappraisals.com • (916) 585-3852

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HEALTH FAIR • ON-SITE TABLE

Unlimited screenings for the duration of the event. Same 7-question assessment, completed on a phone or shared device.
Host the table with your own staff to keep cost lowest, or have a CHA representative run it for you.

YOU HOST THE TABLE

Lowest-cost on-site option

\$120

per hour • 2-hour minimum

UNLIMITED SCREENINGS

\$100

per hour • 3+ hour events

UNLIMITED SCREENINGS

How it works at the table

- Participants scan a QR code or use a shared tablet.
- Same 7 questions. Most finish in under 2 minutes.
- Results email within about 15 minutes.

What CHA provides

- Custom registration page, link, and QR flyer.
- Simple instructions so your host can invite people.

What you provide

- An on-site host to staff the table and assist.
- Printed flyer and/or a tablet or laptop.

Why businesses choose this option

- Most affordable in-person option.
- Uses staff already on-site. No CHA travel.
- Unlimited completions during the event.

CHA STAFFS THE TABLE

Full-service on-site option

\$150 per hour

3-hour minimum • Unlimited screenings

Travel fees apply outside 125 miles of Sacramento

How it works at the table

- A CHA representative hosts the table start to finish.
- Same QR / tablet flow and 7-question assessment.
- Results email within about 15 minutes.

What CHA provides

- Trained host, registration page, link, and QR flyer.
- On-site explanation and registration help.

What you provide

- A table and space at the health fair.
- Optional extra printed flyers if you want them.

Why businesses choose this option

- Zero staffing burden on your team that day.
- A professional host keeps participation moving.
- Best when no site contact can run the table.

CONFIDENTIALITY, BENEFITS, AND WHY BUSINESSES CHOOSE ON-SITE

- Confidentiality: Individual scores go only to the employee through a HIPAA-compliant email link. HR does not see personal results.
- How it works: Same validated 7-question GAD-7 tool used in the virtual model. Most people finish in under 2 minutes at the table.
- Why on-site: A live table creates energy and same-day completions that email-only outreach often misses.
- Why it pays off: Untreated anxiety raises absenteeism and presenteeism. Employers often see about \$4 back per \$1 invested in mental health support.
- Culture and retention: Offering a private check-in at a health fair shows mental health is a priority, which supports satisfaction and loyalty.
- Choose the fit: Your staff hosts to keep cost lowest. CHA hosts when you want a professional at the table and your team free for the rest of the fair.

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