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KGA Names Top 10 Wellbeing Apps for 2017

EAP Industry Leader Selects Best Mobile Tools for Behavioral Management

FRAMINGHAM, MA (August 15, 2017) – KGA, Inc., a leading Employee Assistance and Work-Life firm has selected the Top 10 wellbeing apps for the third year in a row. The apps, which focus on mental and physical wellbeing, were chosen based on five criteria: their potential use as an adjunct to counseling, customer reviews and ratings, ease of use, download frequency and price.

“We have watched the growth of behavioral health apps very closely over the last few years,” says Seth Moeller, KGA President. “These ten apps are among the best mobile tools employees can use to improve their wellbeing.”

The KGA 2017 Top 10 apps include:

1. *C25K* – A program that turns coach potatoes into runners in just weeks
2. *Cozi Family Organizer* – A tool for managing the challenges of a jam-packed family life
3. *Fooducate Weight Loss Coach* - A weight loss app that involves eating a healthy, “real food” diet
4. *Happify* - Science-based games and activities for leading a more fulfilling life
5. *Insight Timer* - Meditation and mindfulness practice, with music, talks, courses and more
6. *Lumosity* – A comprehensive brain training program with 25+ brain games
7. *Mind the Bump* – Mindfulness exercises to mentally and emotionally prepare for having a baby and being a parent
8. *Mood Kit* - Mood improvement tools that employ Cognitive Behavior Therapy (CBT) principles and techniques
9. *Pacifica* – A CBT-based app to help address anxiety, stress and depression
10. *Rest and Relaxation Meditations* - Guided meditations for relaxation and stress relief without prior meditation experience.

“Our Top Ten apps offer an easy and anonymous way for someone with a wellbeing issue or mental health challenge to receive help,” says Alison Magee, KGA Senior Vice President of Clinical Services. “17.5%¹ of employees are disengaged at work due to these concerns and approximately 18.5%² of adults have a diagnosable mental health condition.

Beyond the devastating personal consequences, these challenges cost American companies billions each year. Apps like these, and other wellbeing guides, provide friendly tools that people can use to address their personal challenges and move toward healthier, happier lives.”

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Additional information about each of the Top 10 apps is available at www.kgreer.com/top10apps or by contacting KGA at info@kgreer.com or 800-648-9557.

About KGA, Inc.

KGA is a Human Resources services firm, founded in 1982, that helps organizations create and sustain a healthy, engaged and productive workforce. Our services are tailored to each client's distinct needs and include a robust Employee Assistance Program (EAP) and Work-Life program, training, crisis management, wellbeing services and other essential HR solutions. KGA proudly serves over 100 organizations in a wide range of industries, supporting hundreds of thousands of employees and family members nationwide and around the globe.

1. Gallup, 2015
2. National Institute of Health, 2013

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