



Mental Health is a Top Priority for North Americans

BMO offers free access to Headspace to employees

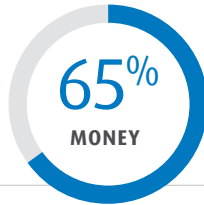


76% of North Americans

feel somewhat well and whole, but only 19% strongly agree they have this feeling.

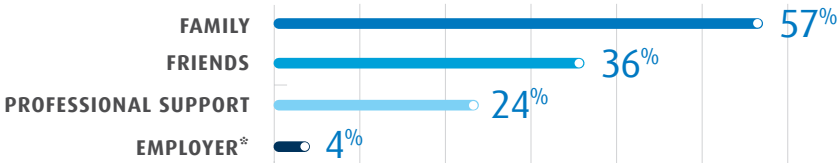
TOP THREE THINGS

Preventing North Americans from prioritizing their wellness



WHEN IT COMES TO SUPPORT

North Americans are most likely to rely on:



**65% place importance on support for wellness, including mental health and extended benefits, when choosing an employer or new job*

BMO'S INITIATIVES TO SUPPORT

Wellness across North America:

- ✓ Free virtual tutoring
- ✓ Back-up child and eldercare
- ✓ 24/7 Employee Assistance Programs
- ✓ Digital, therapist-guided Cognitive Behavioural Therapy (CBT) program
- ✓ Virtual healthcare

ABOUT BMO'S WELLNESS SURVEY

The research detailed in this document was conducted by Pollara Strategic Insights from September 19 to September 21, 2022. A sample of 1,515 adult Canadians and 1,516 adult Americans, aged 18+ were collected. Results have been weighted by gender, age and region, using the latest census data, to be representative of the population as a whole.