

Nurtur Launches Quarterly Webinar Series with Presentation on the Mental Health Parity and Addiction Equity Act

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Employee Benefit and HR Managers Invited to Participate in Free Interactive Learning Seminar on Strategies to Reduce Risk

Farmington, Conn. (March 18, 2010) – Nurtur®, the health, wellness, and work-life company serving employers, plan sponsors and health plans, today announced that the company will host a free quarterly webinar series on timely issues related to population health management, wellness and work-life topics. The first presentation, “Mental Health Parity: Strategies to Reduce Risk,” will explore the challenges and opportunities presented by the recently enacted Mental Health Parity and Addiction Equity Act (MHPAEA).

The Nurtur webinar will be held Thursday, March 25, at 2:00pm ET. The event is offered as a free learning opportunity for managers and consultants responsible for employee benefits, human resources, employee assistance programs, or employee health plan administration.

The MHPAEA provides equal access benefits to individuals struggling with mental illness or substance abuse issues, but at the same time presents many challenges for employers and health plans to comply with the new requirements.

“Providing mandated coverage doesn’t have to mean higher healthcare costs,” said Mary-Ellen Sposato Rogers, Nurtur Vice President and Practice Leader of Nurtur Performance and host of the Nurtur webinar.

The Nurtur webinar will provide an overview of how the MHPAEA differs from the Mental Health Parity Act of 1996 and present strategies to mitigate financial risk while maximizing the mental health and productivity of employees.

For more information or to register for the Nurtur webinar, email marketing@nurturhealth.com.

About Nurtur: Nurtur is the work-life, health and wellness company dedicated to helping people transform their lives with support, encouragement and motivation. The company offers life and health coaching to help people at all life stages address the life issues that get in the way of health as well as the health issues that complicate living. Nurtur life and health management programs include work-life services, concierge, EAP, professional training, wellness and disease management (including Back Pain, Depression, Diabetes, Heart Disease and Respiratory Disease). The company provides services to multi-market segments including employers, plan sponsors, Third-Party Administrators, commercial health plans and government agencies. For more information, visit www.nurturhealth.com.

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