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Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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Enhancing Mental Health Through AI

Technology might not have all the answers—but it can offer support when you need it most.

From nonstop pings to heavy workloads, stress can build quickly. Finding time to care for your mental health isn't always easy, especially when you're busy taking care of everything else. That's where new tools, powered by artificial intelligence (AI), are stepping in to help.

AI might not replace a therapist—but it's already helping people feel more supported, more often.

[In one Cedars-Sinai study, more than 85% of patients said they found sessions with an AI-trained virtual therapist helpful.](#)

Support That Fits Your Day

Mental health tools were once tied to appointments or long waits. Today, some support can happen right when you need it:

- An app reminds you to take a moment to breathe when your stress levels spike
- A wearable device tracks your sleep and gives helpful tips
- A virtual mental health coach checks in and offers encouragement

These tools aren't here to replace people; they're designed to make mental wellness easier to manage day by day.



Try What Works for You

You don't need to use every new app or gadget. Start small and focus on what fits your routine.

Use apps that support mental wellness.

Some apps are built around cognitive behavioral therapy (CBT) or mindfulness. Look for apps recommended by your benefits program or health plan.

Try five minutes of calm.

AI-guided breathing or meditation tools can help reset your focus—even during a busy day.

Let reminders work for you.

Set up helpful nudges for water breaks, a walk, or even a quick mood check-in.

Review what's already offered.

Your benefits may include AI-powered tools, virtual therapy options, or apps for stress, anxiety, or sleep.

Stay curious—but cautious.

Stick with tools from trusted sources. If something promises instant results, read the fine print.

Mental Health, Just a Little Easier

Taking care of your mental health doesn't have to mean significant changes or extended sessions. Sometimes, a slight digital nudge is enough to help you breathe, reset, and feel supported.

[AI is already being used to detect early mental health risks, support therapy with digital tools, and provide real-time feedback through wearable devices.](#)

The goal isn't to rely on tech—but to use it as a quiet helper, making mental health care more available when life gets loud.



Works® Book Review | The AI Revolution in Medicine: GPT-4 and Beyond

In a field where precision matters and time is limited, the role of artificial intelligence is no longer hypothetical. [*The AI Revolution in Medicine: GPT-4 and Beyond*](#) by Peter Lee, Carey Goldberg, and Isaac Kohane offers a front-row seat to see how large language models like GPT-4 are reshaping what's possible in healthcare. This isn't a far-off future; it's an inside look at what's already happening, what could happen next, and what needs to be done carefully.

The authors offer a rare mix of technical insight and clinical realism, showing how AI can both support doctors and empower patients—without ignoring the risks.

Highlights

Key Concepts

This book isn't just about what AI can do, it's about how it should be used. With examples drawn from real medical settings, the authors show how GPT-4 and similar models are already helping doctors summarize patient visits, uncover rare diagnoses, and communicate more clearly.

At its best, AI becomes a tireless assistant: reviewing complex histories, offering decision support, and freeing up clinicians to focus on human care. But the book doesn't overpromise. It spends just as much time showing the failures, blind spots, and ethical landmines of deploying AI too quickly or without proper oversight.

The key idea is balance: when managed well, AI has the power to extend the reach of reasonable care. When misused, it can cause real harm. Thoughtful design, transparency, and human judgment are essential.

Practical Applications

The book outlines ways AI is already showing up in healthcare—and how that might expand:

- Clinical summaries and note-taking: Reducing admin time so clinicians can focus on patients.
- Decision support: Suggesting diagnoses based on vast amounts of data—but with human oversight.
- Behavior-change tools: Helping patients stay engaged between visits with nudges, education, and self-tracking.
- Access and equity: Helping reach underserved populations by filling gaps where care is limited.

Alongside these examples are cautionary tales—AI systems hallucinating facts, misinterpreting prompts, or delivering confident but wrong advice. The message is clear: these tools must be tested, monitored, and used with care.



Impact

The authors don't paint AI as a magic fix, but show it as a powerful tool that's only as effective as the humans guiding it. What's striking is how quickly this tech is evolving. The conversations, examples, and risks described here aren't theoretical, they're unfolding in real time.

For clinicians, researchers, and healthcare leaders, this book is both a warning and an invitation: engage early, shape how AI is used, and keep patients at the center.

The Final Word

The AI Revolution in Medicine explains how technology is changing healthcare itself, and shows why thoughtful adoption matters. If you're feeling overwhelmed by the pace of AI headlines, this book cuts through the hype with clarity and purpose.

It's not just for doctors. It's for anyone who wants to understand how artificial intelligence, or any other form of intelligence, can support healing when it's used wisely.

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