FIT FOR FLIGHT

PERFORMANCE READINESS & SAFETY PROMOTION
SUPPORTING PILOTS' MENTAL HEALTH AND WELL-BEING

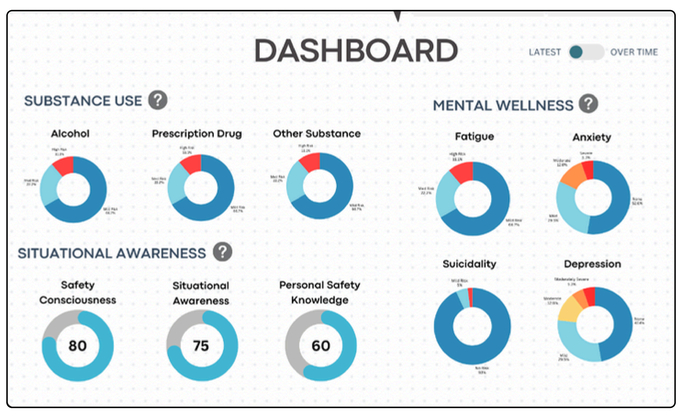
presage
Trust | Collaboration | Evidence | Careism

WHAT WE DO

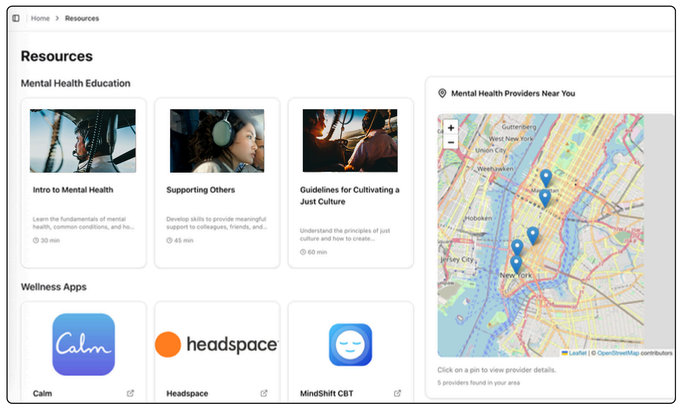
Pilots operate in high-stress environments defined by excessive cognitive load, time pressure, and fatigue. Stress does not disappear in the flight deck, and unmanaged strain can influence attention, judgement, and decision-making. **FIT FOR FLIGHT** is an evidence-based, digital tool designed to support pilots' mental fitness and self-awareness, and support organizations in proactively protecting pilots' well-being and keeping them in the fight.

WHAT SETS US APART

FIT FOR FLIGHT isn't just another app. We work with our clients to co-create a version of the tool that will best serve their pilots. The tool is tailored to address pilots' specific needs and provides real-time analytics and reporting with flexible deployment options. Emphasis is placed on keeping pilots mentally fit and providing organizations with the new and timely mental health intelligence needed to be proactive in early identification and mitigation of safety concerns.



SCAN TO EXPLORE



ASSESSMENT, ANALYTICS, MONITORING, and MITIGATION

All in one place, and in real-time – with continuous support from Presage.

HOW DO WE DO IT?

1 WE BUILD TRUST THROUGH DIALOGUE

Trust is foundational to a mentally healthy team. We work with organizations to build trust and communicate clearly about purpose, boundaries, and data use to prevent stigma and fear. We speak to pilots at all levels to determine how **FIT FOR FLIGHT** can best serve their unique needs.

2 DEVELOP SOLUTIONS COLLABORATIVELY

We're in the business of co-creating solutions. Unlike other tools, **FIT FOR FLIGHT** is specifically built and tailored to the needs of pilots. We aim to complement, not duplicate, current systems (e.g., peer support and EAP programs, SMS frameworks, military well-being initiatives), strengthening what is already working well, and finding and filling any gaps that exist with supports that directly serve pilots.

3 LEVERAGE SCIENCE AND SUBJECT MATTER EXPERTISE

Our work in the mental health and well-being space is led by industry professionals (psychologists, epidemiologists, public health scientists, physicians) and supported by doctoral-level research scientists. **FIT FOR FLIGHT** is grounded in mental health research, behavioural science, and human factors research principles. All content, assessments, and support recommendations are evidence-based and reflect current best practices. The tool is designed to provide organizations with the new and timely mental health intelligence required to proactively support pilots and keep them in the fihgt.

4 NUTURE A CULTURE OF "CAREISM"

When pilots feel cared for, they are more careful. We aim to help organizations to build a version of our tool that fosters a supportive and psychologically safe organizational culture. **FIT FOR FLIGHT** reinforces the idea that mental fitness is a core component of safe operations in aviation, aiming to strengthen psychological readiness, reduce stigma, and promote reaching out for earlier support when needed.