



# DIGITAL SUPPORT FOR YOUR EMPLOYEES' MENTAL HEALTH NEEDS



## Did you know 1 in 4 people experience mental health issues each year?\*

Mental health problems can affect employee job performance, communication with coworkers, and even daily functioning.

For your business, this can ultimately impact:

- Absenteeism
- Productivity and profits
- Long-term costs to manage the issue

### INTRODUCING MYSTRENGTH,

included with Trio HMO and Tandem PPO plans

myStrength gives 24/7 access to self-care tools at no extra cost as part of our Trio and Tandem plans. The digital platform can help your employees with behavioral health issues like:

- Depression
- Anxiety
- Stress
- Substance use disorders
- Chronic pain
- Sleep challenges

### + POSITIVE OUTCOMES

- 82% as effective as face-to-face therapy<sup>†</sup>
- 55% reduction in depression scores<sup>‡</sup>
- 50% reduction in need for pain medication<sup>#</sup>

**Speak to your Blue Shield representative about all the benefits and programs – including myStrength – available through our Trio and Tandem plans.**

\* <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>.

† Schladweiler, K., Hirsch, A., Jones, E., Snow, L.B. (2017). Real-World Outcomes Associated with a Digital Self-Care Behavioral Health Platform. *Annals of Clinical Research and Trials*, 1(2), 007.

‡ In a Livongo case study, 74% of users with severe depression improved by at least one severity category within six months.

# Hirsch, A., Albright, J., Link, A. (2018). Digital Tools for Chronic Pain Management: An innovative approach to building awareness of non-opioid based pain management techniques. The RCT results were accepted for presentation at ISPOR Europe 2018 in Barcelona, Spain, November 10-14.