



## Teladoc<sup>®</sup>

### Behavioral Health Program

At Meritain Health<sup>®</sup>, we know that mental health can impact your bottom line.

In recent years, annual mental health–related costs have increased twice as fast as all other medical expenses. This is especially true for those with depression, bipolar disorder or substance abuse. In fact, these individuals:

- Make six times as many emergency room visits.
- Submit two to four times as many medical claims.
- And individuals who suffer from depression submit an average of \$14,967 per year in claims, compared with \$5,929 for those who do not.<sup>1</sup>

In an effort to make this complex and often costly environment easier to navigate, we're offering you and your employees access to the Teladoc Behavioral Health Program.

### Quick, convenient access to care

The national average wait time for an in-person therapy visit is one month. However, with Teladoc the average time for a provider response is less than eight hours, and the average time to complete a first visit is less than seven days.

With over 60 percent of visits conducted via video, the program offers convenient, high-touch care. Due to the convenience of the program, the average number of visits per member is 3–4. The most common visit types are for anxiety and depression.

### Expert guidance and action planning

When 16 million Americans live with major depression<sup>1</sup>, it's imperative members get the care and treatment they need. Teladoc offers an integrated care model where members can navigate and manage mental health issues from all aspects of care and levels of complexity. It provides:

- Quick access to treatment from qualified, licensed practitioners.
- Guidance through the system with an action plan for next steps.
- Expert second opinions on their diagnosis and treatment plan.

<sup>1</sup>The National Institute of Mental Health



## Enhance your plan options and see results

With the Teladoc Behavioral Health Program

This valuable program enhances the value of benefits offered to your employees, and supports your business goals by reducing absenteeism and improving workplace effectiveness. Your bottom line just may thank you.

### DASS scores symptom reduction

-32% Depression

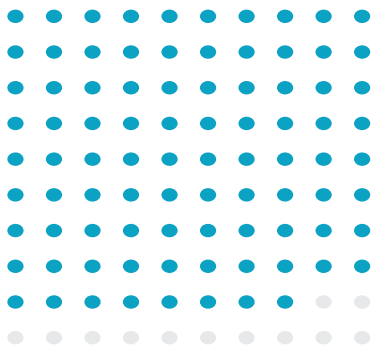
-31% Anxiety

-20% Stress

69% Members with depression showed improvement in symptoms in two visits

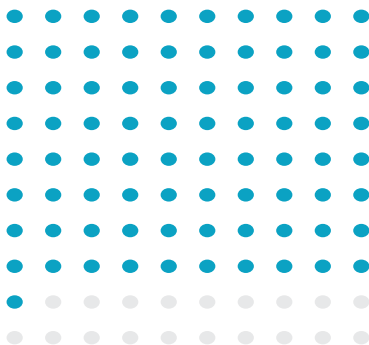
72% Members with anxiety showed improvement in symptoms in two visits

Change in diagnosis



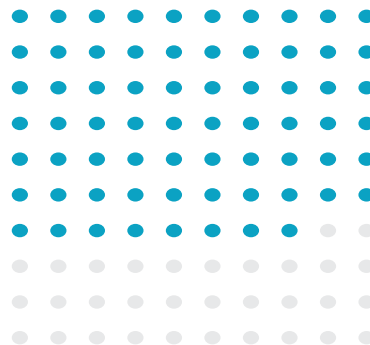
88%

Change in treatment



81%

Change in medication



68%

### We are Advocates for Healthier Living.

As Advocates for Healthier Living, we're improving clinical outcomes while reducing the **Total Cost of Care**. It's the foundation of the service we provide our clients, members and business partners.

**We change lives.** We create positive change in every interaction we have. By listening and understanding our clients' needs, we offer flexible, cost-effective and easy-to-use health care solutions. We are dedicated to providing compassionate support and guidance to help our members be active participants in their health care.

**If you would like additional information about the Teladoc Behavioral Health program, please contact your Meritain Health representative.**

