

Address Mental Health in the Workplace



- ▶ Help reduce the stigma of mental health treatment by improving access and reducing costs with effective results

- ▶ Mental health has an impact on the productivity and well-being of your employees

- ▶ Employees can access these benefits through the **My Benefits Work mobile app** and **MyBenefitsWork.com**

20% of Americans face a mental health issue at any given time

Poor mental health costs employers \$193 billion per year

62% of missed work days are due to mental health issues

How Teladoc Behavioral Health Works

- ▶ Employees can establish an ongoing relationship with a licensed therapist through video or phone sessions at no cost
- ▶ Employees get support for anxiety, depression, stress/PTSD, panic disorder, grief, family & marriage issues, and more
- ▶ Prescriptions are sent to the employee's local pharmacy, when medically necessary

Behavioral Health visits are not available 24/7/365.

Behavioral Health visits will be scheduled. Behavioral Health visits are not available to minors. All Behavioral Health specialists may not be available in all states.