

# Introducing a complete path to mental health



## Clinical Care Outcomes:

76%

OF MEMBERS WITH DEPRESSION REPORTED IMPROVEMENT AFTER THE THIRD VISIT<sup>2</sup>

75%

OF MEMBERS WITH ANXIETY REPORTED IMPROVEMENT AFTER THE FOURTH VISIT<sup>2</sup>

## Digital Program Outcomes:

53%

REDUCTION IN DEPRESSION SCORES<sup>3</sup>

Sixty percent of today's workforce struggles with mental health issues<sup>1</sup>, yet the majority are not getting the help they need. Access, cost and engagement barriers to mental health care affect workplace retention and productivity.

The myStrength Complete Solution provides accessible, credible and personalized support for any level of mental health care. Now, your population can enjoy care continuity that addresses all of their mental health needs.

## How it works



### Assess

Reveals life context and underlying motivations beyond clinical measures.



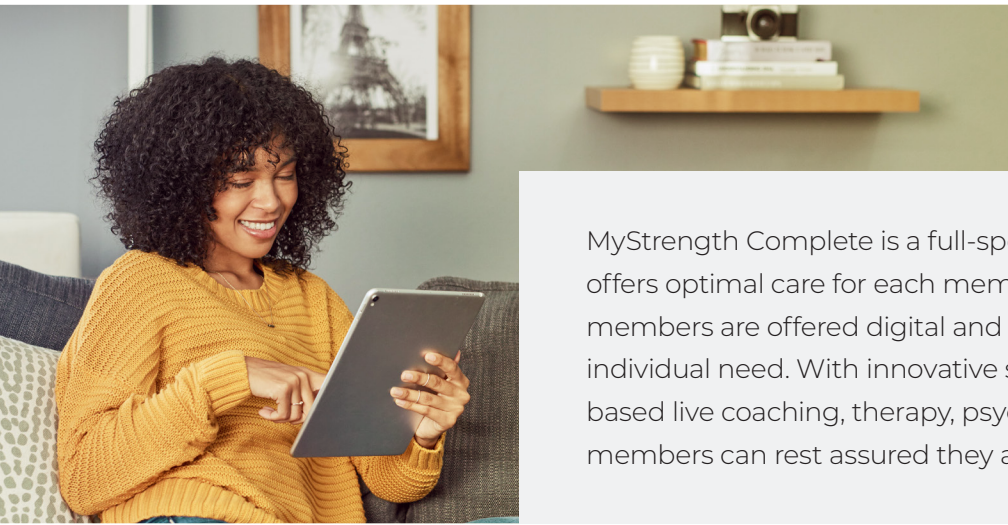
### Personalize

Removes burden of self-navigation while enabling choice and customization.



### Iterate

Supports engagement in the journey with progress measures and new materials.



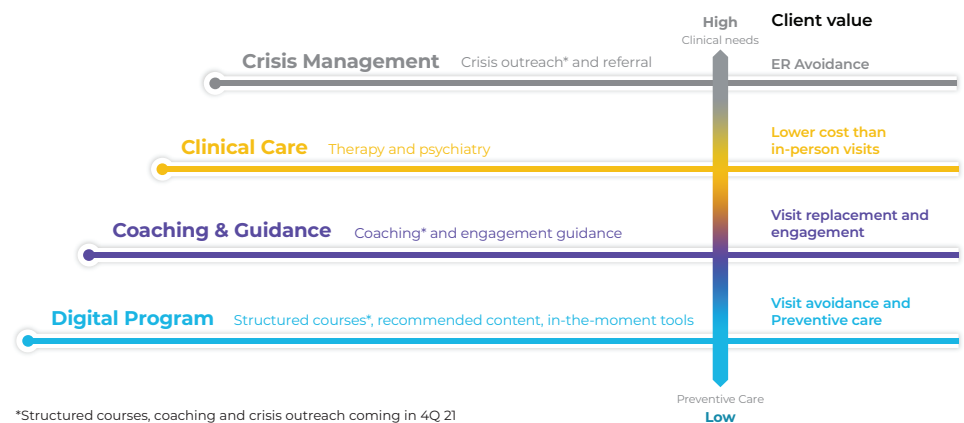
MyStrength Complete is a full-spectrum, stepped-care solution that offers optimal care for each member. Through intelligent personalization, members are offered digital and clinical services according to their individual need. With innovative self-guided digital programs, evidence-based live coaching, therapy, psychiatry, and even crisis management, members can rest assured they are provided with the right care.

### Top 5 reasons members love myStrength Complete:

- 1 A single comprehensive solution that works
- 2 Private and secure platform
- 3 Accessible from anywhere
- 4 Instant access to digital programs
- 5 A clear pathway to care

### Optimal care yields the greatest value to our clients

MyStrength Complete provides clinically and cost effective care, delivering the greatest value to clients. Each step of care leads to specific net savings for clients, preventing and replacing expensive in-person care.



<sup>1</sup><https://www.conference-board.org/topics/natural-disasters-pandemics/press/Survey-Impact-on-Well-Being>

<sup>2</sup>Teladoc MH book of business. Data on file

<sup>3</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5395692/>

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**About Teladoc Health:** Teladoc Health is transforming the healthcare experience and empowering people everywhere to live healthier lives. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages more than a decade of expertise and data-driven insights to meet the growing virtual care needs of consumers and healthcare professionals.

