

MENTAL HEALTH PROGRAM FROM INMYND



Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

EVERY MIND DESERVES BETTER

INNOVATIVE FOR BETTER OUTCOMES

Because no one's mental health journey is the same, inMynd has created the first predictive models to map and help prevent the progression of anxiety, depression, and insomnia, thus promoting initial adherence through behavioral science-based methods.

INDIVIDUALIZED FOR BETTER ACCESSIBILITY

Better awareness of and access to a range of personalized, discrete support and resources:

- » Digital Cognitive Behavioral Therapy (dCBT) Program
- » Specialized Care & Support through Neuroscience Therapeutic Resource Centers
- » Coaching & Medication Education

INTEGRATED FOR BETTER ENGAGEMENT

Proactively meeting each member where they are in their personal journeys with relevant, contextual support across a variety of conditions:

- » Driving Proper Utilization
- » Addressing Potential Over-Utilization
- » Delivering Informed Physician Care Alerts

INVESTED FOR BETTER PRODUCTIVITY & PREDICIBILITY

Addressing mental health leads to the improved health:

- » Decreased Acute Medical Costs through Better Whole Person Care
- » Improved Productivity Due to Decreased Absenteeism & Turnover
- » Enhanced Satisfaction (80% of Employees are More Satisfied at Work After Treatment)

inMynd

Suicidal Thoughts? Help is Available

If you or anyone you know is having thoughts of suicide, 24/7, please call the Suicide & Crisis Lifeline:

988

or call 911 if you feel you're in immediate danger.



i **FREE PARTICIPATION**
Call **800.468.5744**

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