

# INMYND

## MENTAL HEALTH SUPPORT PROGRAM

**FREE** WITH **DIAMOND**, **PLATINUM**, **GOLD**, **SILVER** & **BRONZE** HEALTH PLAN OPTIONS



## EVERY MIND DESERVES BETTER

### PARTICIPATE FOR **FREE**

#### 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 and support through Neuroscience Therapeutic Resource Centers<sup>SM</sup>.
- » Member coaching and medication education provided by our team of specialist pharmacists.

#### 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 and addressing potential over-utilization.
- » Delivering informed physician care alerts.

#### INVESTED FOR BETTER PRODUCTIVITY & PREDICTIBILITY

Addressing mental health leads to the improved health:

- » Decreased acute medical costs through better whole person care.
- » Improved productivity due to decreased absenteeism and turnover.
- » Enhanced employee satisfaction (80% of employees are more satisfied at work after treatment).

### Suicidal Thoughts? Help is Available

If you or anyone you know is having thoughts of suicide, please call the National Suicide Prevention Lifeline:

**800.273.8255**

or call **911** if you feel you are in immediate danger.

