



Talk Therapy Services

Improving Mental Health, Boosting Profitability

A once high-performing manager who is burned out and depressed. A staff member whose mood swings have everyone walking on eggshells. A keyed-up administrator who can't seem to stay on task.

Every business owner has witnessed the effects of behavioral health issues in the workplace. They drag down productivity, negatively impact engagement and erode company culture. If left untreated, mental health concerns can even drive up medical costs.

MeMD's teletherapy solution provides access to high-quality, convenient and confidential mental health services, so members can get the support they need, while improving the health of your bottom line.

Bottom-Line Impact of Mental Illness

- › Depression, anxiety, substance abuse, job burnout and other mental health issues are rampant among U.S. workers – and they're **wreaking havoc on businesses**.
- › Presenteeism among employees with depression led to the equivalent of **32 lost workdays a year** (Workplace Mental Health).
- › Mental illness and substance abuse cost employers **79-105 billion dollars** each year in lost productivity, absenteeism, and increased medical and disability costs (Center for Prevention & Health Services).

Quick Facts

- › Available nationwide
- › 50 minute sessions
- › Sessions in as few as 24 hours
- › Therapy provided by licensed counselors, social workers and therapists
- › Treatment for ages 18+



Barriers to Care

- › **One in five** Americans are dealing with a mental health issue, yet **fewer than half receive treatment** (Mental Health America).
- › While 81% of U.S. employers offer mental health benefits, a **national provider shortage, narrow networks** and the **stigma of therapy** are major roadblocks to receiving care.
- › **Employees seeking treatment are likely to incur high out-of-pocket costs** – even if they're insured (Milliman).

The Teletherapy Advantage

- › Teletherapy **overcomes limitations of geography, limited provider networks and the stigma** of seeking mental health treatment.
- › The Association for Behavioral Health and Wellness reports teletherapy is effective in treating **depression, anxiety, PTSD** and other mental health issues.
- › A Harvard study showed that teletherapy improved productivity for workers with depression by about 2.6 hours weekly – or \$1,800 a year/per employee.



The MeMD Difference

- › MeMD's national **provider network includes licensed professional counselors, licensed clinical social workers, licensed marriage and family therapists**, and other equivalent licensed professionals.
- › Using a computer or mobile device, **members connect with a provider from the privacy of their home** or wherever else they choose.
- › **Provider and patient jointly develop a treatment plan** to address the member's specific needs with mutually agreed upon goals.
- › **Outcome-based care is built into the program with the Behavioral Health Assessment**, an optional multi-dimensional assessment tool that benchmarks progress and improvement.

Ease of Implementation

- › Employers can be **up and running in a matter of weeks**.
- › **Flexible pricing options** include PEPM, PMPM or subsidy-based.
- › **Customized APIs** for streamlined administration and efficiency.
- › **Dedicated account manager** provides utilization and ROI reporting, customized marketing support and on-demand customer service.

Explore Options

(480) 300-3961 | solutions@memd.me | [MeMD.me](https://www.memd.me)