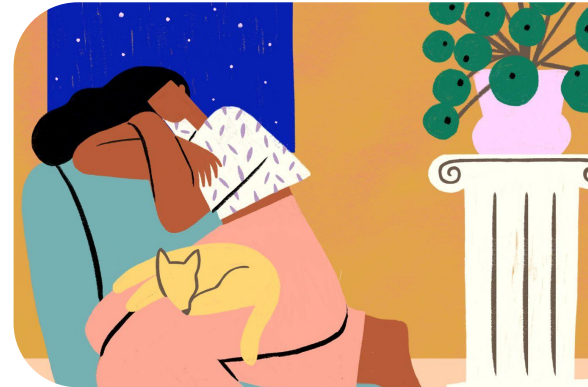


# Behavioral Health

Highly accessible virtual-first coaching, therapy, and psychiatry, connected with our medical practice.

Behavioral health needs drive significant healthcare and economic costs for employers in addition to high personal costs for employees and their loved ones. 68% of those with a mental health need have gaps in care<sup>1</sup>, highlighting the need for highly-accessible, compassionate behavioral health support.

Our Behavioral Health solution focuses on increasing access and delivering high-quality, comprehensive coverage, for conditions across the continuum. We treat everything from subclinical to clinical conditions, including stress management and relationship counseling to serious mental illness. Through a virtual first approach – including videos and text based modalities – we bring convenient, accessible behavioral health care to everyone.



## Results

**90%+**

of members are able to schedule with a therapy or psychiatry provider within 7 days

**53%**

Reduction in depression symptoms after four psychiatry visits

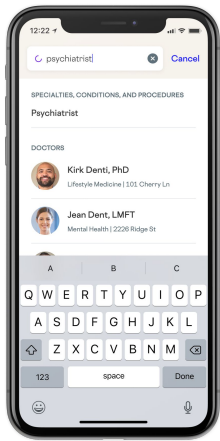
**40%**

Reduction in depression symptoms over eight therapy sessions

### Break down barriers to behavioral health by offering a single solution that increases access and treats a wide range of needs.

- Full spectrum care with coaches, therapists, and psychiatrists, covering **44 specialist areas** to meet any need, ranging from subclinical to speciality area
- Highly employed provider model provides **better clinical and diversity training, ensures high-quality care, and facilitates the ability to build deep relationships** with members over time
- Rapid, flexible access with therapy and psychiatry visits – via video – **within 7 days, with same day appointments available**
- **24/7 chat-based** coaching with connection to a certified coach within seconds for subclinical conditions and everyday life stressors
- Collaborative Care model fully integrates medical and behavioral health capabilities to **holistically address the medical and behavioral health comorbidities**

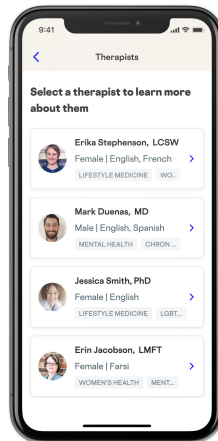
<sup>1</sup> Robert Wood Johnson Foundation, 2011.



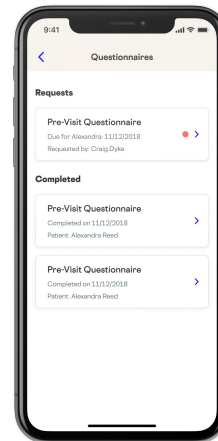
Need-based matching to connect members with providers who can address their specific needs



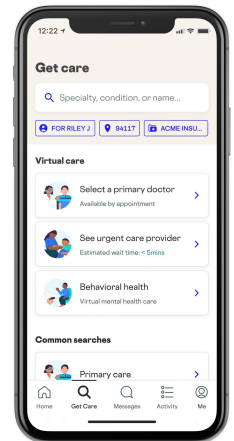
Video-first approach for convenient access, regardless of location



Diverse therapists can meet any preference or need



PHQ 9 and GAD 7 assessments to track progress



Fully integrated with our medical practice to holistically address medical and behavioral health comorbidities



“I’m gaining so much insight into my thought process and ways to deal with it. She has a wonderful way of making me feel safe and unafraid to talk about my feelings. Dr. Mohan is a treasure!

-Behavioral Health Member



“My coach was very encouraging and shared great resources with me that I will use in my day-to-day practices. I’m looking forward to continuing this relationship

-Behavioral Health Member

Contact [enterprise@includedhealth.com](mailto:enterprise@includedhealth.com) for a demo.



Grand Rounds + Doctor on Demand are now **Included Health**

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