

Care and support for behavioral health

The need for simple, easy-to-access behavioral health tools has never been greater.

Behavioral health problems can affect employee job performance, communication with coworkers, and daily functioning.

For your business, this can ultimately lead to:

- Absenteeism
- Productivity loss
- Long-term management costs

Introducing myStrength

myStrength gives 24/7 access to intuitive, self-care tools. Your employees can get help with behavioral health issues like:

- Depression
- Anxiety
- Stress
- Substance use disorders
- Chronic pain
- Sleep challenges

Positive outcomes

- 82% as effective as face-to-face therapy[†]
- 55% reduction in depression scores[‡]
- 50% reduction in need for pain medication[#]



Integrated, one-to-one coaching

Integrated coaching from myStrength connects employees to a dedicated coach.

Features include:

- One-to-one messaging in the app
- Comprehensively trained coaches
- Personalized support and motivation, including guidance on myStrength's evidence-based interventions
- Ongoing quality assurance monitoring
- Full integration with the user dashboard

Speak with your Blue Shield representative about the advantages of myStrength

myStrength is included with fully insured Trio and Tandem plans at no extra cost and is available for purchase with self-funded options.

* <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>.

† Schladweiler, K., Hirsch, A., Jones, E., Snow, L.B. (2017). Real-World Outcomes Associated with a Digital Self-Care Behavioral Health Platform. *Annals of Clinical Research and Trials*, 1(2), 007.

‡ In a Teladoc case study, 74% of users with severe depression improved by at least one severity category within six months.

Hirsch, A., Albright, J., Link, A. (2018). Digital Tools for Chronic Pain Management: An innovative approach to building awareness of non-opioid based pain management techniques. The RCT results were accepted for presentation at ISPOR Europe 2018 in Barcelona, Spain, November 10-14.