

Mental Health Coaching by Teladoc Health

A scalable digital mental health solution

Your employees' mental and physical health are equally important to their overall health. Independence Blue Cross (IBX) takes an integrated approach to behavioral health care.

As a part of your integrated behavioral health benefits, we now offer Mental Health Coaching by Teladoc Health, a digital mental health resource to help members¹ who need support for the most prevalent mental health conditions.

Mental Health Coaching breaks mental health barriers

Now more than ever, people are seeking mental health support. But finding the right solution is anything but easy.

56% of people don't know their diagnosis² **69%** find navigating multiple apps overwhelming²

Mental Health Coaching drives results

56% reduction in depression scores³

96% member satisfaction⁴

Mental Health Coaching makes finding the right mental health support easy. This digital tool offers evidence-based, self-guided digital content and tools to support your employees through their mental health journey. It tackles their mental health challenges head-on by eliminating traditional access barriers, catering to their unique needs, and leveraging intelligent personalization to drive long-term engagement.

This digital solution provides scalable and cost-effective mental health support. Employees can:

- Access self-guided, evidence-based digital programs and tools
- Create personalized experiences using their own information

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Supporting your employees' mental health needs

Mental Health Coaching meets your employees where they are, offering a wide range of support so they can become the best version of themselves.

Clinically comprehensive

Mental Health Coaching can help with some of the following conditions:

- Depression
- Anxiety
- Insomnia
- Trauma
- Bipolar disorder
- Chronic pain
- Substance use (alcohol, drugs, opioids, and nicotine)

Tools for everyone

Mindfulness, emotion balancing, and stress tools build resiliency at all acuity levels.

Contextual and relevant

Managing distress from life events and challenges, like:

- Aging
- Caregiving
- Chronic medical conditions
- COVID-19
- Stress related to performing duties as a first responder
- Discrimination
- Health disparities
- Gender dysphoria
- Pregnancy and early parenting
- Racism
- Relationships
- Work stress

If you have any questions, please contact your (IBX) account executive.

1 Mental Health Coaching by Teladoc Health is available to members aged 18 years of age or older.

2 Teladoc Health mental health survey, April 2021.

3 ncbi.nlm.nih.gov/pmc/articles/PMC5395692/

4 Mental Health Coaching by Teladoc Health book of business.

Teladoc Health and the practitioners accessible through Teladoc Health are independent companies and contractors not affiliated with Independence Blue Cross. Please consult a physician for personalized medical advice. Always seek the advice of a physician or other qualified health care provider with any questions regarding a medical condition.