

DIGITAL SUPPORT For your employees' Mental Health Needs

Did you know 1 in 4 people experience mental health issues each year?*

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

For your business, this can ultimately impact:

- Absenteeism
- Productivity and profits
- Long-term costs to manage the issue

INTRODUCING MYSTRENGTH,

included with Trio HMO and Tandem PPO plans

myStrength gives 24/7 access to self-care tools at no extra cost as part of our Trio and Tandem plans. The digital platform can help your employees with behavioral health issues like:

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

+) POSITIVE OUTCOMES

 82% as effective as face-to-face therapy[†]

my Strength

- 55% reduction in depression scores[‡]
- 50% reduction in need for pain medication[#]

Speak to your Blue Shield representative about all the benefits and programs – including myStrength – available through our Trio and Tandem plans.

- * 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 Livongo 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.

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