

More than meets the mind

Even though millions of Americans live with a mental health condition, the subject remains hidden and misunderstood. But like any medical condition, it shouldn't be ignored.

Nearly 3 in 10 employees suffer from severe stress, anxiety or depression.⁴ But because of cost, lack of access and social stigma, fewer than half of diagnosed adults pursue therapy.^{5,6} Many delay treatment years after the onset of symptoms.⁷

That's a problem for employers, because mental health impacts more than the mind. It also takes a physical and a financial toll. As America's health care providers, we need to do more to break down the barriers to convenient, quality mental health services.

DID YOU KNOW?



1 in 5 U.S. adults live with a mental health condition¹



2-3X higher total cost of care are driven by coexisting mental illness²



\$44B of productivity is lost annually to depression³

Digital Cognitive Behavioral Therapy, powered by Express Scripts

For decades, psychiatrists and psychologists have used Cognitive Behavioral Therapy (CBT) to help patients develop coping skills and improve quality of life. CBT teaches people to respond differently, mentally and emotionally, to daily challenges. *Digital* Cognitive Behavioral Therapy (dCBT) makes these clinically and scientifically proven principles accessible to patients — anytime, anywhere, from their phone.

Millions live with a mental health condition without the knowledge or tools to effectively manage it. And the stigma that still surrounds mental health makes many afraid to ask for the help they need. **With our new dCBT solution, Express Scripts can help you break down barriers to mental health services.** We can offer a positive path forward to patients living with depression, anxiety and insomnia, with:



Digitally accessible CBT, making access to proven therapies available to patients whenever and wherever they need them



Comprehensive, evidence-based curriculum that addresses depression, social anxiety and insomnia



Medication counseling and clinical support from specialist pharmacists in our Neuroscience Therapeutic Resource CenterSM

¹ National Alliance on Mental Illness. "Mental Health Facts in America." 2019

² National Council for Behavioral Health. "The Business Case for Effective Mental Health Treatment." 14 Oct. 2017.

³ Jones, M. "How Mental Health Can Save Businesses \$225 Billion Each Year." *Inc.* 16 June 2016.

⁴ Gavidia, M. "Mental Health Conditions Projected to Be a Significant Factor of Employer-Sponsored Healthcare Benefit Costs, Survey Finds." *American Journal of Managed Care.* 25 Nov. 2019.

⁵ National Council for Behavioral Health, "America's mental health 2018." 10 Oct. 2018.

⁶ Gavidia, M., 2019.

⁷ National Alliance on Mental Issues. "Mental health by the numbers." 2019.

Care, on her terms



24/7 access to therapeutic tools, at no cost to the patient



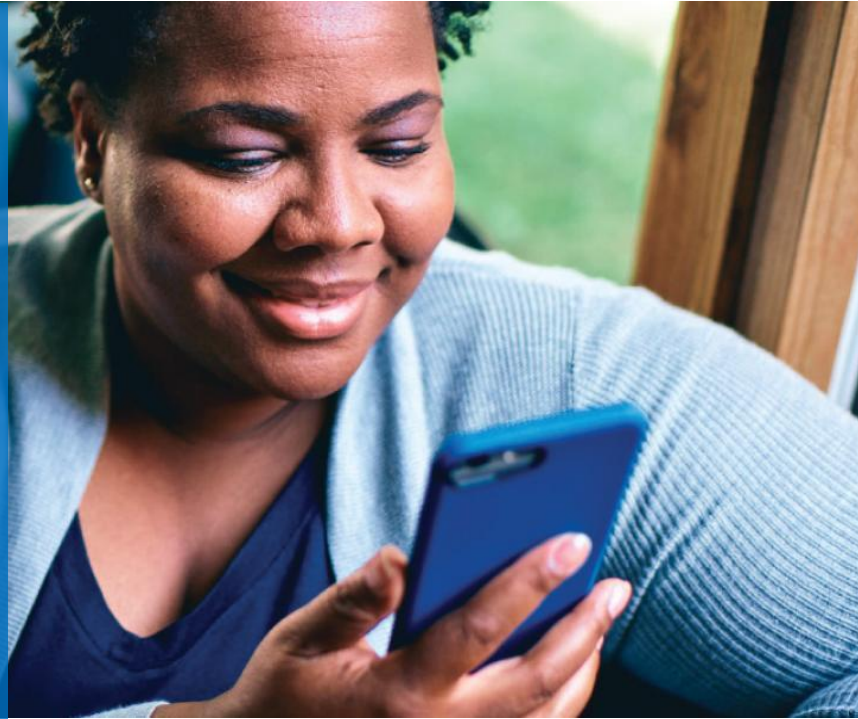
Direct access to pharmacists for questions about medication effectiveness, side effects and cost



Recommended treatment path with interactive lessons specific to anxiety, depression or insomnia



Ability to track progress and change treatment paths, if desired



Making it easy to offer more

Getting started with dCBT for your population is easy. As with all solutions on the Express Scripts Digital Health Formulary, we thoroughly vetted potential partners for clinical effectiveness, user experience, safety and security. We then used our size and scale to negotiate the best possible value.

Quality of life is the foundation of an effective workforce, and it all starts with health. Adding dCBT to your mental health offering gives members access to **affordable, private, accessible** care. It's also good for business, reducing absenteeism and long-term medical and disability costs, while increasing productivity.⁸

For the complete health of patients, and the health of your plan, you need to act. Contact your Express Scripts representative to put quality mental health services within reach with dCBT.

REDUCING STIGMA

Private, comfortable, secure platform

INCREASING ACCESS

Effective care, whenever and wherever a patient needs help

MINIMIZING COST

No cost treatment to patients; a fraction of the cost to plans

PATIENTS GET

- Improved relationships
- Fewer medical issues
- Greater mental resilience
- Increased satisfaction at work
- Better performance

⁸ Greenwood, K., Bapat, V and Maughan, M. "Research: People Want Their Employers to Talk About Mental Health." *Harvard Business Review*, 22 Nov. 2019.