

MYSTRENGTH OVERVIEW



myStrength's digital platform offers empowering self-management resources for people seeking to improve their mental health and overall well-being. myStrength not only helps individuals develop new coping skills using proven methods for enhancing confidence and resiliency in the face of everyday life stressors; it also helps people overcome the destructive impact of conditions such as depression, anxiety, substance use disorders, and more. myStrength offers a wide array of evidence-based tools focused on the mind, body and spirit, including interactive self-care applications that are rooted in clinically-validated psychotherapy models.

Available Solutions

- Personalized, Interactive Resiliency-Building Resources
- Tools to Manage Stress, Depression, Anxiety and Insomnia
- Substance Use Disorder (SUD) Prevention, Treatment and Recovery Support (Including Opioid Risk Management)
- Peer-Driven Chronic Pain Management Solutions
- One-to-one Coaching Featuring In-Application Messaging
- Proven Approaches Based in Mindfulness, Computerized Cognitive Behavioral Therapy (cCBT), Stages of Change, Motivational Interviewing, Behavioral Activation and More
- In-Depth Reporting on Utilization and Health Outcomes
- Hands-on Implementation and Adoption Support

Elevator Pitch

“Mental health conditions such as depression and anxiety are the most significant health-related drivers for impaired functioning in the workplace. Many people with these conditions do not receive professional help due to persistent barriers related to access, stigma, or a lack of recognition and understanding of mental health issues. Clinically-based, digital self-care applications offer the ability to overcome the obstacles and dramatically extend the reach of emotional support within the workplace. myStrength is an evidence-based mental health platform offering a secure and ever-present resource for employees. myStrength is proven to have extremely high engagement rates among a diverse population of people in need, and the impact of these services on clinical symptoms and the cost of care is documented in peer-reviewed publications. Employers find that these digital resources amplify the results of their EAP with meaningful staff benefits.”

Key Challenges & Advantages

Customer Challenges:

- 1 in 4 people struggle with mental health issues each year, and 2 in 3 of these impacted individuals receive no care due to stigma, cost, or lack of access.
- Depression is the leading cause of disability in the U.S., driving more than \$470 billion in costs.
- The costs of untreated mental illness include significant loss of employee productivity due to absenteeism and presenteeism (or not at full function at work).
- General, non-psychiatric care annual costs for anxiety or depression are 70% higher than those not suffering from mental health disorders (eg., people with depression are 4x more likely to experience a heart attack).

Advantages of myStrength:

- myStrength is a clinically-proven, secure, de-stigmatized resource available to employees 24/7 — driving higher levels of economical penetration and adoption of available benefits.
- myStrength's evidence-based tools have been consistently proven to address conditions such as depression, anxiety, stress, substance use disorders, chronic pain and sleep.
- On average, myStrength users demonstrate a 25% reduction in symptoms and overall improvement in work productivity.
- myStrength effectively decreases the impact of comorbid medical and behavioral health conditions (eg., diabetes and depression) by addressing the emotional health considerations necessary for overall well-being.

Discovery Questions

- How is your organization currently addressing the mental health needs of your employees? How could your organization improve efforts to enhance staff well-being and satisfaction?
- Who in your organization is responsible for addressing the mental health and productivity of employees?
- What percentage of your employees with chronic medical conditions also have a comorbid mental health issue like depression or anxiety? Are both conditions being managed effectively?
- What web and mobile health resources do you offer your employees? Which are focused on mental health and well-being?