

Mental health solutions

Connecting employees to resources

Good mental health is a key component of your employees' whole health. It encompasses a broad spectrum like behavioral health, substance abuse and overall well-being. An increasing number of mental health challenges, like anxiety and stress, are leading to burnout and turnover.

Wellmark Blue Cross and Blue Shield offers solutions to address these challenges. Our range of solutions holistically identify and address your greatest risks, and measure resulting outcomes for your organization — all while helping total cost of care.

MEMBER NEED	CURRENT SOLUTIONS				
	WebMD® Telephonic stress specialist coaching	meQuilibrium	Virtual or in-person office visits for therapy/ psychiatric support	Health services case management support	Doctor On Demand® behavioral health coaching
Resiliency — Build skills to address self-awareness, mindfulness, self-care, positive relationships, and purpose	✓	✓			✓
Mild depression/anxiety/coaching — Manage emotions, stress, and provide preventive measures for serious mental health conditions. May be measured and identified through screenings such as PHQ-9 or GAD-7 scores	✓	✓	✓	✓	✓
Severe mental illness — Support and treatment for moderate to severe mood, anxiety, and psychotic disorders			✓	✓	✓
Chronic condition support — Address impacts of diagnosis and management of chronic conditions	✓	✓	✓	✓	✓
Specialized services — Management and support for: <ul style="list-style-type: none"> Substance abuse and chemical dependency Eating disorders Autism spectrum disorder 			✓		✓



5 actions employers can take to support mental health

1. Make employee well-being a priority
2. Enhance available mental health support
3. Communicate available behavioral health support
4. Create an inclusive work culture
5. Measure and adapt to meet the need

Source: McKinsey & Company, 2021

Future enhancements

1. Expansion of youth coaching services
2. Navigation support
3. Reporting and enhanced analytics
4. Communication and benefit support and awareness
5. Expanded care management programs for specialized services

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