



# myStrength Complete

A full-spectrum, stepped care approach to mental health support



More than half of today's workforce struggles with mental health issues. Yet the majority of them—especially those living with subclinical stress-driven symptoms and clinical diagnoses like depression—aren't getting the help they need due to access, cost and engagement barriers.

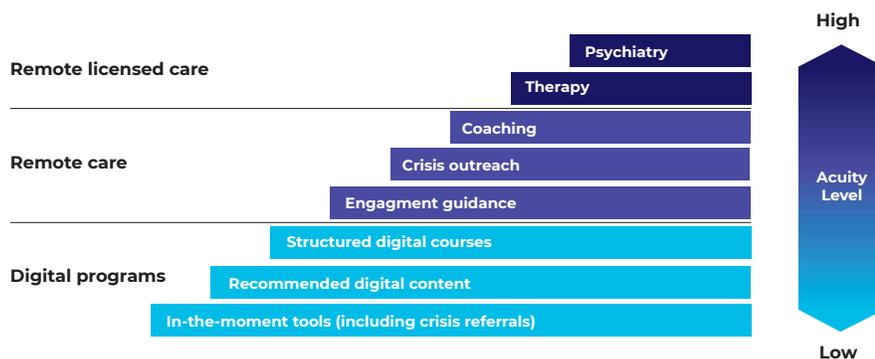
Providing the people you serve with accessible, credible mental health support at a wide range of acuity levels is critical to their overall health and wellbeing, as well as to the health of your business.

## Leveraging the best of digital and virtual care offerings

The myStrength Complete solution addresses these barriers and provides continuity of care as people move between digital and clinical services.

- Address the entire spectrum of care at all acuity levels
- Personalize the experience to drive engagement and symptom reduction
- Extend access to care with self-guided, evidence-based programs

The combination of breadth and depth makes it appropriate and cost-effective for a wide population.



A proven approach,  
delivered at scale



**REMOTE  
LICENSED CARE**

76%

OF MEMBERS WITH DEPRESSION REPORTED  
IMPROVEMENT AFTER THE THIRD VISIT<sup>1</sup>

75%

OF MEMBERS WITH ANXIETY REPORTED  
IMPROVEMENT AFTER THE FOURTH VISIT<sup>1</sup>



**DIGITAL  
PROGRAMS**

82%

AS EFFECTIVE AS FACE-TO-FACE THERAPY<sup>2</sup>

55%

REDUCTION IN DEPRESSION SCORES<sup>3</sup>

\$382

PER USER ADDITIONAL CLAIMS COST  
REDUCTION VS. MATCHED CONTROL<sup>4</sup>

96%

MEMBER SATISFACTION<sup>5</sup>

<sup>1</sup>Data on file

<sup>2</sup>Real-World Outcomes Associated with a Digital Self-Care Behavioral Health Platform. Ann Clin Res Trials. 2017

<sup>3</sup>In a case study with 2 large commercial partners, 74% of users with severe depression improve by at least one severity category within 6 months

<sup>4</sup>Quantifying the Economic Impact of a Digital Self-Care Behavioral Health Platform on Missouri Medicaid Expenditures. J Med Econ. 2018

<sup>5</sup>myStrength book of business. Data on file.

**LEARN MORE:** [TeladocHealth.com](https://TeladocHealth.com) | [engage@teladochealth.com](mailto:engage@teladochealth.com)

**About Teladoc Health:** Teladoc Health is transforming the healthcare experience and empowering people everywhere to live healthier lives. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages more than a decade of expertise and data-driven insights to meet the growing virtual care needs of consumers and healthcare professionals.

**Teladoc**  
HEALTH