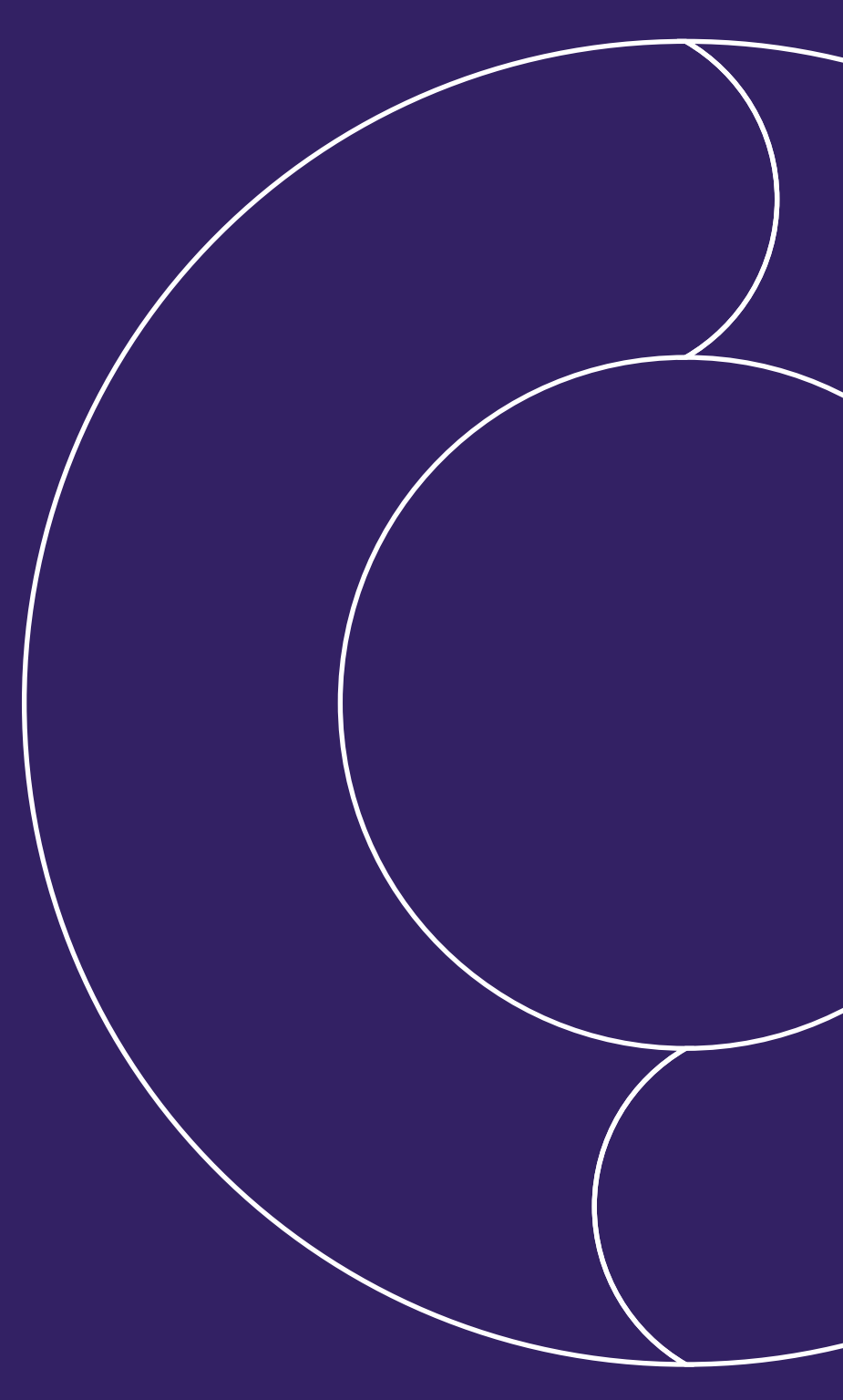


**GOOD HEALTH IS GOOD BUSINESS**

**GET A HAPPY AND HEALTHY  
WORKFORCE WITH VIRTUAL  
MENTAL HEALTHCARE**



**LABOR SHORTAGE IS COMMON AMONG HEALTHCARE WORKERS**



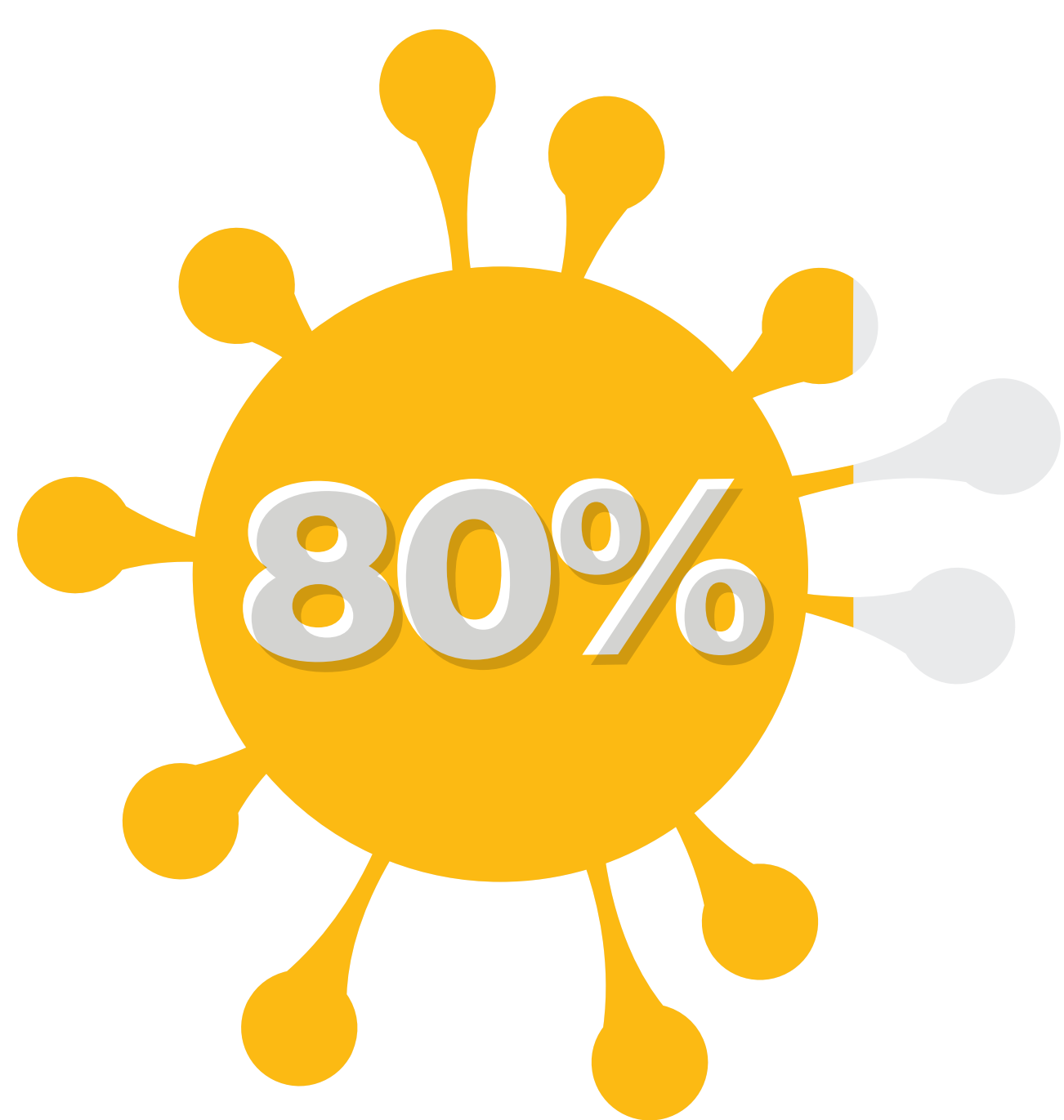
**~3 in 10**

HAVE WEIGHED LEAVING  
THEIR PROFESSION<sup>1</sup>

**3.2  
MILLION**

WORKER SHORTAGE  
WITHIN 5 YEARS<sup>2</sup>

**COVID-19 AMPLIFIED STRESS**




SAY POTENTIAL EXPOSURE  
AND RISK TO FAMILY ARE  
CAUSES OF STRESS<sup>1</sup>



**60%**

SAY STRESS FROM THE  
PANDEMIC HAS HARMED  
THEIR MENTAL HEALTH<sup>1</sup>



**49%** OF FRONTLINE  
HEALTH CARE  
WORKERS

SAY THAT THE PANDEMIC HAS NEGATIVELY  
IMPACTED THEIR PHYSICAL HEALTH<sup>1</sup>

**HOWEVER, MANY AREN'T  
ACCESSING RESOURCES TO COPE**

ONLY

**3 in 10** RECEIVED  
MENTAL HEALTH  
SERVICES<sup>1</sup>

**STRESS HAS A COST**

**WORK STRESS  
AND BURNOUT  
COSTS U.S. EMPLOYERS**

**\$300  
BILLION  
ANNUALLY**

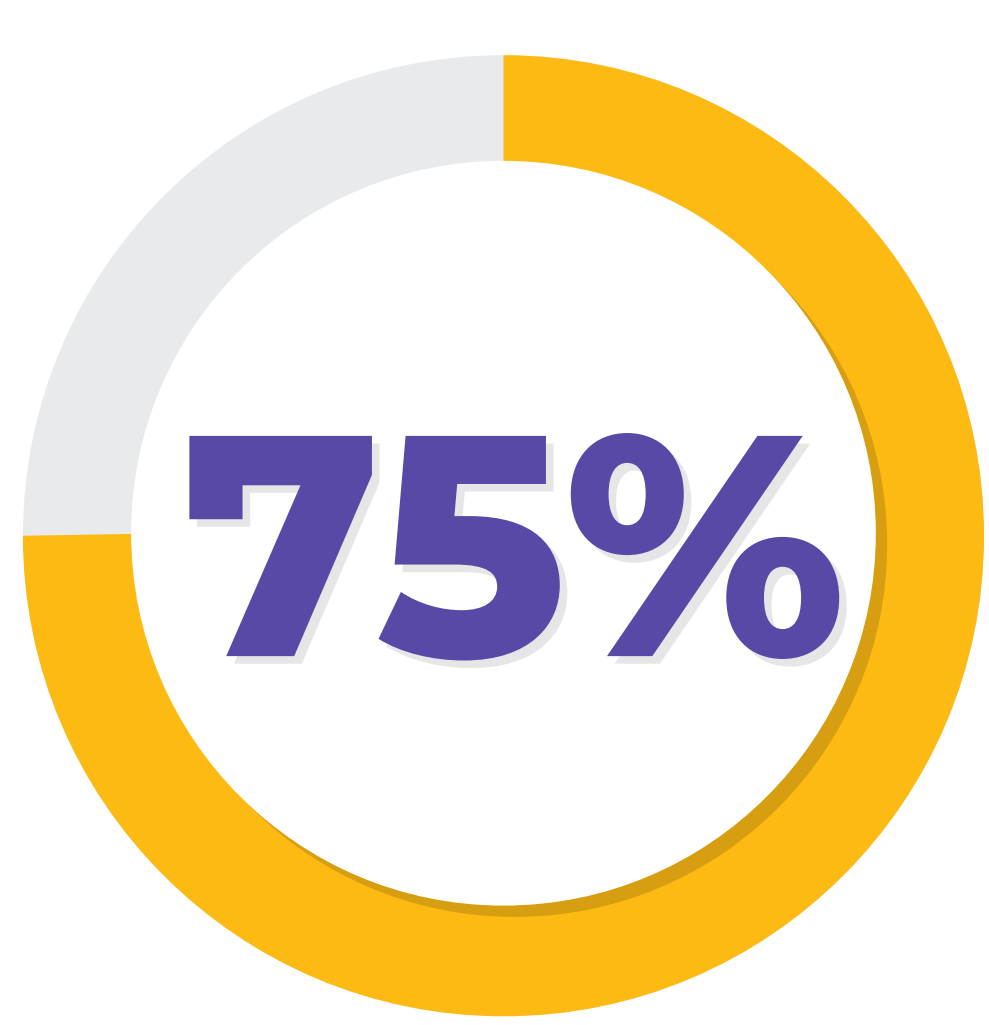
AS A RESULT OF ACCIDENTS, ABSENTEEISM, EMPLOYEE  
TURNOVER, DIMINISHED PRODUCTIVITY, DIRECT MEDICAL, LEGAL  
AND INSURANCE COSTS, AND WORKERS' COMPENSATION.<sup>1</sup>



**~90%** OF AMERICA'S  
**\$3.8** TRILLION ANNUAL  
HEALTHCARE COSTS

ARE SPENT ON PEOPLE WITH CHRONIC PHYSICAL  
AND MENTAL HEALTH CONDITIONS<sup>3</sup>

**TELADOC HEALTH VIRTUAL MENTAL CARE WORKS**



**75%**

IMPROVED ANXIETY  
AFTER 4 VISITS<sup>4</sup>



**53%**

REDUCTION IN  
DEPRESSION SCORES<sup>5</sup>

<sup>1</sup> 2021 KFF/Washington Post Partnership Survey  
<sup>2</sup> Mercer US 2021 Healthcare labor market whitepaper  
<sup>3</sup> <https://www.nimh.nih.gov/health/publications/stress>  
<sup>4</sup> Teladoc Health data  
<sup>5</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5395692>

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