

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: substance abuse, chemical dependency, eating disorders and autism spectrum disorder			✓		✓

Wellmark Blue Cross and Blue Shield of Iowa, Wellmark Health Plan of Iowa, Inc. and Wellmark Blue Cross and Blue Shield of South Dakota are independent licensees of the Blue Cross and Blue Shield Association. Wellmark is a registered trademark of Wellmark, Inc.

WebMD® is a registered trademark of WebMD Health Services Group, Inc. WebMD is an independent company providing wellness services on behalf of Wellmark.

Doctor on Demand® is a registered mark of Included Health, Inc. Doctor on Demand is a separate company providing a telehealth solution for Wellmark members.

meQuilibrium™ is a trademark of New Life Solution, Inc. meQuilibrium is an independent company that does not provide Wellmark Blue Cross and Blue Shield products or services.



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

A connected well-being approach

Your employees' mental health and well-being needs are unique to them. From financial well-being and chronic pain management to diabetes prevention and management, adding specific point solutions to your core benefits can help you meet them where they are. Ask your Wellmark account representative about additional well-being solutions.