

PARTNER SOLUTIONS

# Behavioral Health

## Understand the Challenge

Behavioral health issues can take a huge toll on employee productivity, but it doesn't have to be that way. Collective Health designed its Behavioral Health Partner Solution to help employers more effectively solve this important challenge.

### COST

**\$44 billion**

in lost workplace productivity is linked to depression

**\$80 B – \$100 B**



is the estimated indirect cost of mental illness and substance abuse to employers annually



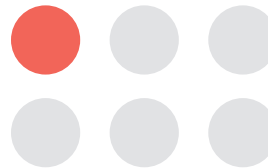
workers skipped at least one day of work in the last 12 months because they were too depressed or anxious

### PREVALENCE



of U.S. adults experience some form of mental illness

### PRODUCTIVITY



1 in 6 children is diagnosed with a developmental disability like autism that affects parents' productivity in the workforce

## Understand the Opportunity

Improving your behavioral health benefits program doesn't have to be a huge undertaking. We're here to help make it easier.

[See on next page](#) ↓

# Behavioral Health Partner Solution

The right programs, optimized by Collective Health.

## FEATURED PROGRAMS

---



Lyra's mission is to transform behavioral health by getting more patients the care they need, when they need it—without the hassle and limitations of tradition plans. Using intelligent matching technology, Lyra connects employees to high quality, effective mental health providers and treatments that work, and gives them the flexibility of in-person care, live video therapy, and digital self-care tools.



Rethink is a web-based program that provides families with best practice treatment solutions for children with special needs. The program includes 24/7 access to a Board Certified Behavior Analyst coach as well as a robust program that includes easy-to-follow videos, printable materials, and peer support to help caregivers work with a loved one with special needs. Parents can follow over 1,500 teaching videos depicting therapists working with children with all types of developmental disabilities or learning delays, and also use Rethink to coordinate care with medical professionals, teachers, and others.



Sleepio is a digital sleep improvement program that is clinically proven to improve depression and anxiety in a highly engaging way using the stigma-free topic of sleep. The solution consists of a Sleep Awareness Campaign, Lite Sleep Help, and clinically-proven Cognitive Behavioral Therapy (CBT) program. Sleepio has been the subject of 24 peer-reviewed papers published in the scientific literature, including 6 randomized controlled trials. Sleepio is currently rolled out to entire populations of over 30 large employers and available to 1.5 million employees across 60+ countries.

## ADDITIONAL PROGRAM OPTIONS

---



Digital CBT-based mental health program



Online addiction care program

# Powered by Collective Health

The right foundation for your healthcare strategy.



## SELECT

Leverage our analytics and expertise to find the right programs for your needs.



## RUN

Streamline implementation and day-to-day program management.



## ENGAGE

Proactively match the right members to the right programs.



## MEASURE

Understand what's working, what's not, and what to do about it.

**If you'd like to find out more, we'd love to talk.**

844.265.3288

hello@collectivehealth.com  
collectivehealth.com