

BEHAVIORAL HEALTH



A Growing Need for a Behavioral Health Solution

Over 42 million adults in America suffer from mental illness and over 19 million have a substance abuse problem, so behavioral health is a growing concern for many employers.¹ Approximately 25 percent of MedCost's member population suffers from a behavioral illness, representing over 2 percent of our clients' total health care costs or \$32.3 million annually. When you also consider that Health Care Reform expanded the Mental Health Parity Act to include coverage for behavioral health and substance abuse services as essential benefits, managing potentially increasing behavioral health costs for your health plan is more important than ever.

MedCost, in partnership with **Carolina Behavioral Health Alliance (CBHA) and myStrength™**, offers a comprehensive Behavioral Health solution combining extensive utilization review, experienced case management, and empowering online self-help tools for members who may be battling issues such as depression, anxiety, or substance abuse.

Ensuring Appropriate Levels of Care and Support for Recovery

Whether utilization review for medical necessity is needed for an inpatient admission, a partial hospitalization, residential treatment, or intensive outpatient care, MedCost's Behavioral Health solution can provide it, along with intensive case management through CBHA to facilitate transitions to other levels of care. Members in behavioral health case management

In the MedCost population:

25%

Prevalence rate of behavioral health diagnoses, representing over 2% of total health care costs or \$32.3 million annually.

85%

Behavioral health claims driven by diagnoses of anxiety disorder, depression, ADD/ADHD, and substance abuse.

Source: MedCost aggregate data

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are monitored for up to one year to ensure adherence to their treatment plans and to decrease readmissions for acute incidences. Members also have web/mobile access to cognitive behavioral therapy-based tools and resources through myStrength™, an online mental wellness portal for individuals experiencing mild to moderate depression, anxiety, and addiction. The myStrength™ site offers educational articles and interactive assessments and trackers that members can use to positively influence their mental wellness. Personalized activity suggestions reinforce core skills for building mental health and provide support for recovery.

Integrated with Other Care Management Programs

Members with higher rates of medical services use, such as those with chronic medical conditions, tend to have a higher prevalence of depression and anxiety disorders. MedCost nurses routinely conduct depression screenings as part of our Personal Care Management Nurse Coaching, Complex Case Management, and SmartStarts Maternity Management

1 Source: "Parity or Disparity: The State of Mental Health in America 2015," a report prepared by Mental Health America (MHA), formerly the National Mental Health Association.



programs. Since the Behavioral Health solution is part of MedCost's suite of Care Management products and services and fully-integrated, participants in our other programs may be directed to contact their doctor for additional follow-up and referred to the tools and resources available through myStrength™. Helping members become more aware and in control of their mental health conditions also helps improve their quality of life and avoid medical complications.

Financial Impact of Behavioral Health Case Management

20% reduction in medical spend for participants*

5% increase in medical spend for non-participants**

80% of participants decreased their medical spend*

*based on six months pre/post-program participation

**based on six months following second hospital discharge compared to six months prior

Source: CBHA aggregate data

Investing in Behavioral Health Makes Good Business Sense

Mental illness and substance abuse are medical issues that affect employees from all age groups, nationalities, genders, and economic backgrounds. Investing in the mental health of your employees through early intervention and continuing treatment can effectively address these problems, but how do you control costs? MedCost's comprehensive Behavioral Health solution supports your employees' total health and can contribute to your company's long-term savings by providing better outcomes and reducing health care costs.



Contact us at 800-217-5097 or visit us online at www.MedCost.com