

Prioritizing Mental Health Care in 2021: The Foundation to Better Chronic Condition Care

March 9, 2021

EMPLOYEE HEALTH CARE PRE-CONFERENCE WEBCAST SERIES



Some of the critical questions and issues we will be answering today

- How care as simple as daily stress management leads to meaningful improvements for physical conditions like obesity or diabetes
- New research that supports bringing mental health care into physical chronic care management
- Practical insights on new practices employers need to implement to combat the increased mental health challenges their populations face



Today's Presenters



Gregg Mauro (Moderator)
Program Director, Employee
Health Care Conferences and
Resilience Conference
The Conference Board



Chris Mosunic
Chief Clinical Officer
Vida Health



Kevin Knight
VP of Marketing
Vida Health

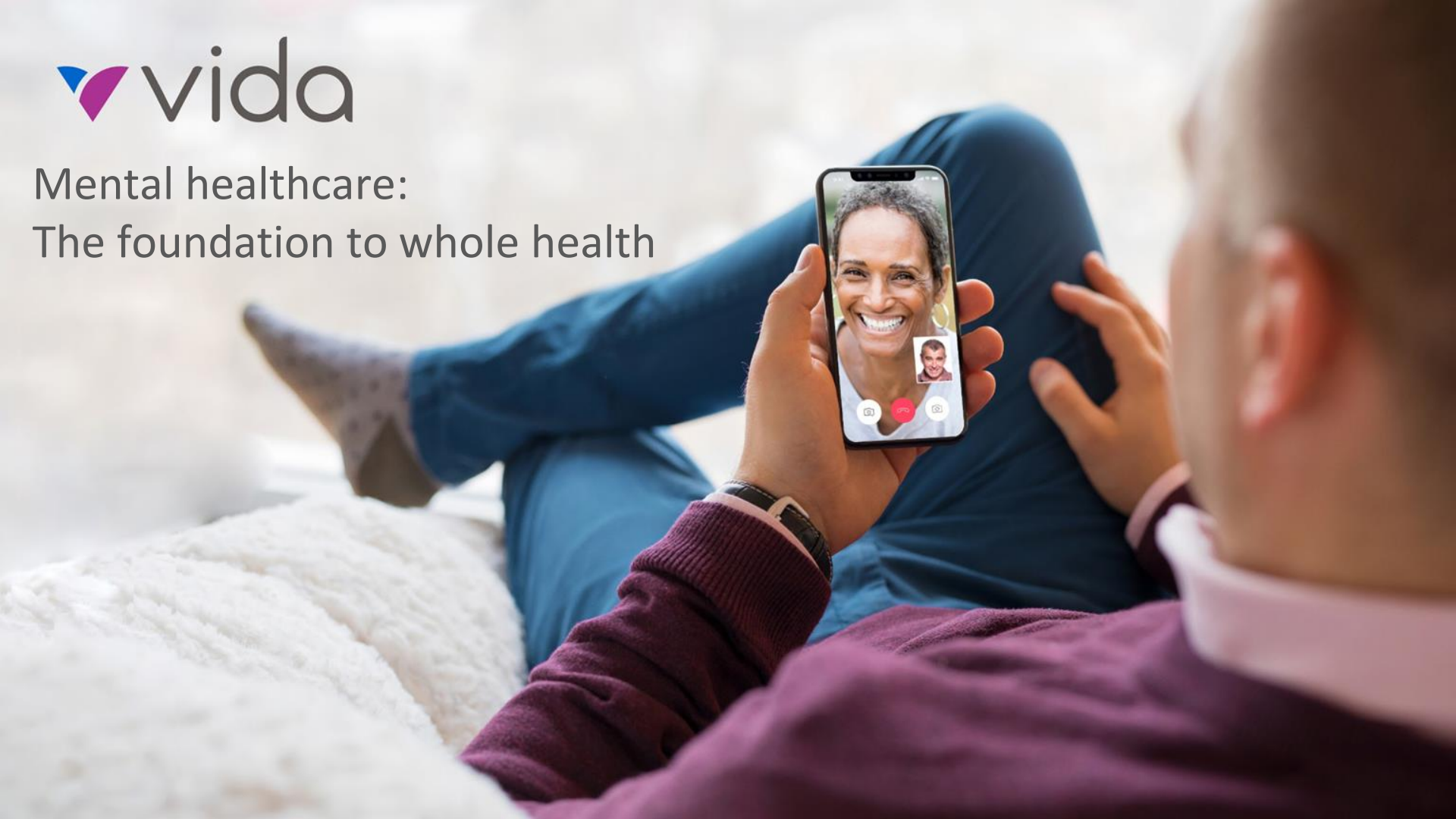


Gary Strehlke
Wellbeing Navigator
Steelcase





Mental healthcare:
The foundation to whole health





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Chris Mosunic
Chief Clinical Officer
Vida



Kevin Knight
VP of Marketing
Vida

**What did
we learn in
2020?**





How should employers support employees in 2021 and beyond?

The future of employee care

Awareness

Support

Recovery

Reimagining HR's role in employee whole health



**How can employers
prepare their employees
for adversity?**



Everyone needs mental health. Not everyone needs a therapist



Resilience

Stress
Management

Therapy

Vida Case
Management

Mental health coaching

Mental health therapy

Complex mental health

Objective

Address stressors, build resilience, and regulate emotions

Address a variety of psychiatric diagnoses and serious life challenges

Accurately and rapidly navigate external resources, health plan in-network/virtual referral sources

Mental health coaching is as effective as therapy

83%

of participants reduced stress in the first 3 months

as measured by the clinically validated Perceived Stress Scale (PSS-10)

1 in 2

participants shifted to a lower stress level in 3 months

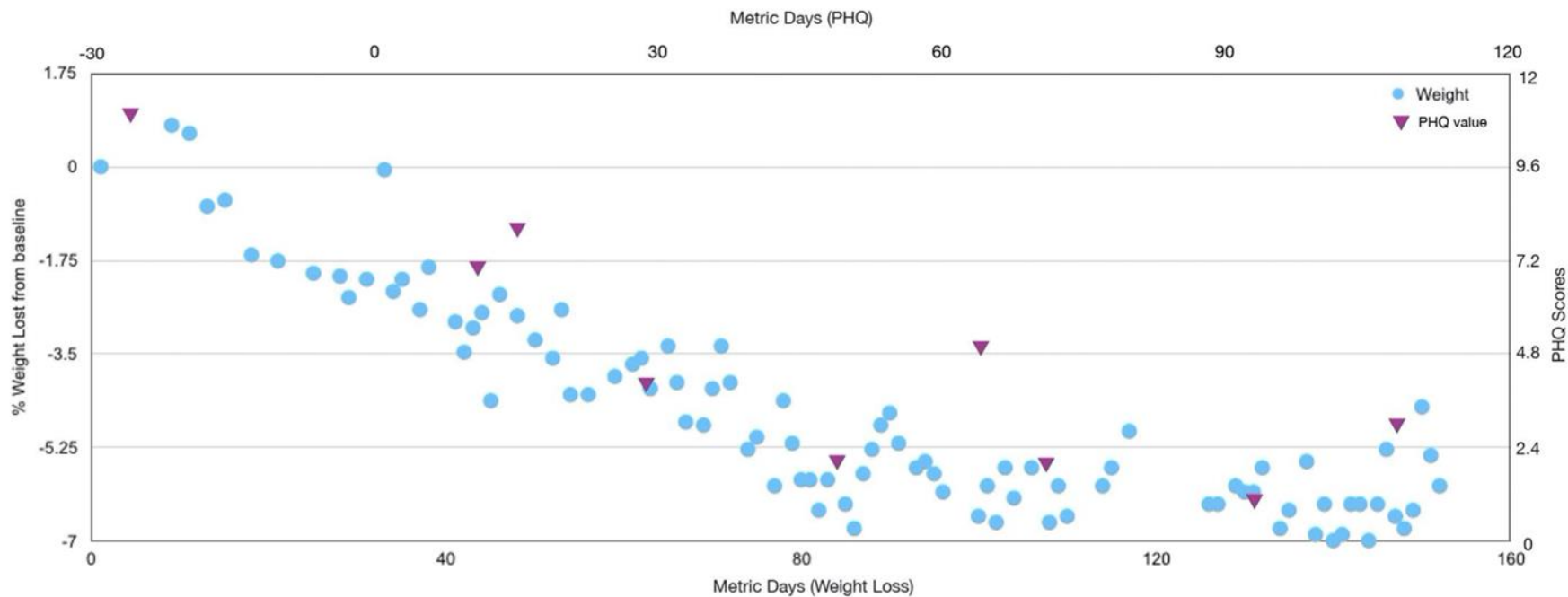
E.g. from moderate to low*

↓ 33%

average stress score reduction in 6 months

from baseline PSS-10 score of 20.6 (moderate stress)

Treating the body and the mind together can enhance treatment outcomes



Strong results begin with engagement

50%

Use the app 5-7 days per week

~4

Lessons per week

22

Metrics tracked weekly

88%

Retention at 3 months

75

NPS

Questions?





Thank You!

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- [Prioritizing Mental Health Care in 2021: The Foundation to Better Chronic Condition Care Building a Workforce Mental Health Strategy for 2021 and Beyond](#)

Our Next Upcoming Webcast:

- [One-size-fits-all Health Care is Not Working: Localized health care is the alternative to the status quo \(March 24\)](#)

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March 9 – 10, 2021

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