



DID YOU KNOW

Your Employees Might Be Missing Key Mental Health Care Practices?

Did you know that medication alone is not enough to effectively treat mental health disorders? While medication can help manage symptoms, combining it with therapy is the gold standard for long-term improvement. Working closely with your benefits advisor, you can ensure your employees receive comprehensive, effective treatment by identifying gaps in their mental health care.

The Problem

Many employees with mental health conditions, such as anxiety, depression, and PTSD, may be prescribed medication but are not receiving the necessary behavioral therapy. This incomplete approach can result in unmanaged symptoms, higher healthcare costs, and a lack of long-term improvement. Ensuring that both medication and therapy are part of the treatment plan is essential for improving health outcomes and controlling costs.

Anxiety & Fear Related Disorders

Medication & Therapy Combination
Treatment (All Members)

28.5%

Depressive Disorders

Medication & Therapy Combination
Treatment (All Members)

34.1%

** This chart displays the percentage of members with mental health disorders who are receiving both medication and therapy, reflecting adherence to the recommended standard of care.*

The Solution

With Innovu's platform, you and your advisor can evaluate whether your employees are receiving the recommended combination of medication and therapy. Here's how our platform can help:

- **Evaluate Care:** See if employees on medication are also getting therapy.
- **Promote Best Practices:** Identify and address care gaps.
- **Implement Solutions:** Suggest programs to ensure employees receive the full scope of care.
- **Track Progress:** Track how combined treatment improves outcomes and reduces costs.

What's Next?

Interested in using data to support better mental health care for your employees? Contact us today to learn how Innovu's platform can help you and your advisor identify gaps, recommend solutions, and improve overall health outcomes.