

# Evidence-based support for stress, anxiety and depression



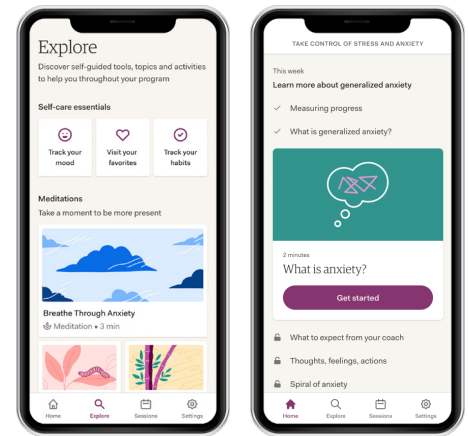
The number of people seeking mental health care is on the rise, yet roughly 60% of them are not getting the care they need.<sup>1</sup> To help improve access and speed to care, new approaches are needed.

Virtual Behavioral Coaching is a personalized, coach-led program that uses the principles of cognitive behavioral therapy (CBT) presented in a series of progressive weekly modules. This program is designed to help members manage mild-to-moderate symptoms of stress, anxiety and depression, and learn coping skills – at no cost to them.

## Tailored and accessible support

The program pairs live coaching sessions with a digital curriculum consisting of guided content and activities. Members receive support from a dedicated behavioral health coach via 30-minute weekly audio or video calls and in-app messaging between sessions. The coach tailors the program based on the individual's needs and goals and helps drive adherence.

CBT modules complement the coaching sessions to reinforce and practice skills between sessions; they can be accessed 24/7 via smartphone, tablet or computer.



### A personalized, coach-led program that offers members:



**Dedicated 1:1 weekly coaching sessions** with online scheduling



**CBT techniques delivered** via progressive modules



**Coaches with 3+ years of experience** provide personalized support



**24/7 instant access to content** via phone, tablet or computer

# Delivering high engagement and measurable outcomes

Virtual Behavioral Coaching delivers high patient engagement and positive outcomes.

## Program participants experienced<sup>2</sup>:

↓ **50%**

reduction in **depression**

↓ **42%**

reduction in **anxiety**

↓ **32%**

reduction in **social anxiety**



**10x**

**higher program retention** compared to other commercially available mental health apps<sup>3</sup>

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## Providing the flexible support members need

To learn more about Virtual Behavioral Coaching, contact your Optum representative.

Program provided by AbleTo

1. National Alliance on Mental Illness. Mental health facts in America. Accessed January 9, 2023.
2. Data represent mean individual percent change in PHQ-9, GAD-7 and SPIN scores among a cohort of participants that consecutively initiated use between January 1, 2020 and June 30, 2020, and completed at least 3 modules.
3. Comparison data are from Statista (published April 6, 2022) that examined patterns or real-world user engagement in commercially available health and fitness apps.

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