

Our state of mind

Wrapping our heads around the U.S. mental health crisis



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1 in 5 U.S. adults lives with a mental health condition each year¹



17 M

U.S. adults go through a depressive episode each year¹



40 M

U.S. adults experience anxiety²

50-70 M

Americans endure the effects of sleep disorders³

43%

of U.S. adults with a mental illness received treatment in 2018⁴



11 yrs

is the average delay between the onset of symptoms and treatment⁴



15%

rise in antidepressant use between 2015-2019⁵

Millions of people experience mental health conditions every day. Most of them do so in silence.

They are not fine.

They are not doing okay.

And they deserve better.

Mental health costs rank #1 in the U.S.⁶

\$200+ billion

Estimated annual U.S. spending due to mental health conditions, higher than heart disease, cancer, diabetes and other chronic conditions⁶

The business cost of doing nothing



\$17 B

Annual cost of mental health conditions to U.S. employers from productivity loss⁷



16 M

Missed work days per year due to mental health conditions⁸



2-3x

Higher cost to care for patients with both a mental health condition and a chronic disease (than patients with only a chronic disease)⁹

Every mind deserves better

Healthy minds are as important as healthy bodies.

It's time to do something about our country's mental health epidemic. It's time to do better.

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1 National Institute of Mental Health 2 Anxiety and Depression Association of America 3 National Institute of Health 4 National Alliance on Mental Illness 5 2020 America's State of Mind Report 6 Roehrig, C. Health Affairs Vol 35, No. 6. 2015 7 Leopold RS. A Year in the Life of a Million American Workers. New York, New York: MetLife Disability Group; 2001 8 Office of National Statistics 9 Milliman Research Report. Potential economic impact of integrated medical-behavioral healthcare

inMyndSM Behavioral Health Care

Every mind deserves better



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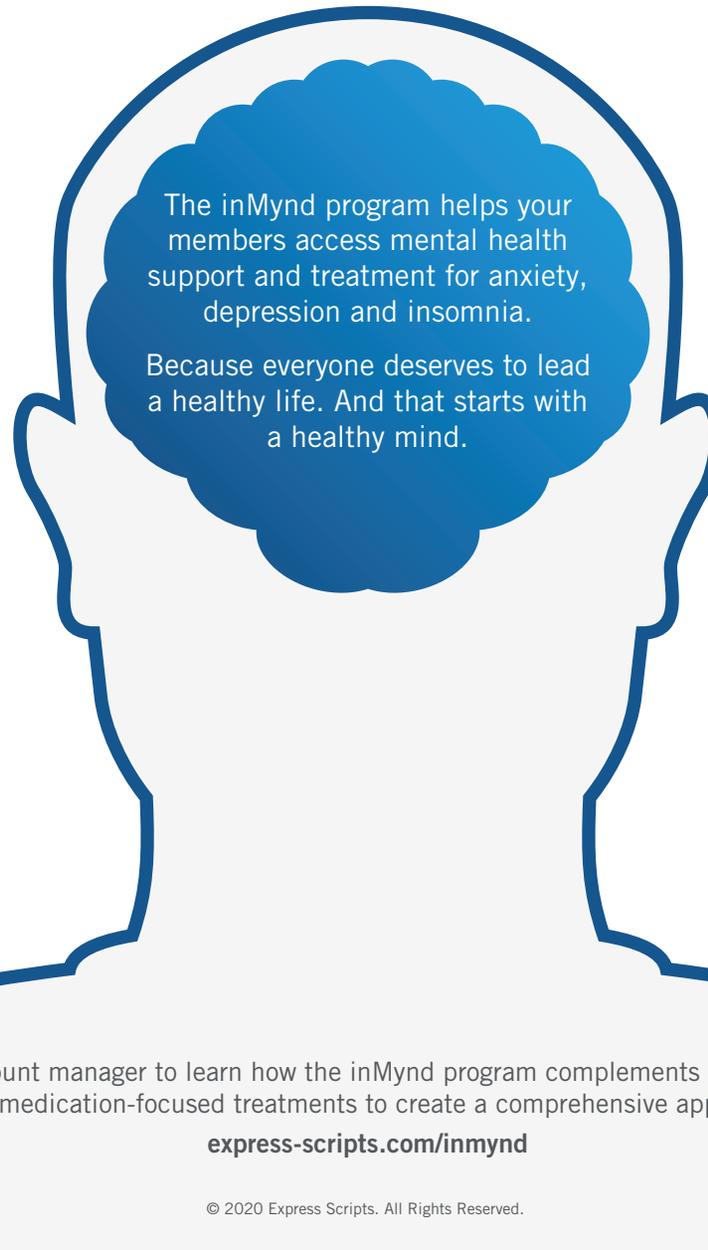
CHAMPIONS
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BETTER™



Innovative for better outcomes

Creating the first predictive models to map and help prevent the progression of anxiety, depression and insomnia:

- Promoting initial adherence through behavioral science-based methods



The inMynd program helps your members access mental health support and treatment for anxiety, depression and insomnia.

Because everyone deserves to lead a healthy life. And that starts with a healthy mind.



Integrated for better engagement

Engaging members with relevant, textural support:

- Addressing potential over-utilization
- Delivering informed physician care alerts



Individualized for better accessibility

Providing members' access to personalized, discrete support and resources:

- Digital Cognitive Behavioral Therapy (dCBT) program
- Specialized care through our Neuroscience Therapeutic Resource CentersSM
- Member coaching and education



Invested for better productivity and predictability

Addressing mental health leads to the improved health of both your members and your bottom line:

- Decreased acute medical costs
- Improved productivity and workplace satisfaction

Speak with your account manager to learn how the inMynd program complements your existing behavioral health care programs with medication-focused treatments to create a comprehensive approach to mental health care.

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