A whole-person approach boosts outcomes and cost savings.

Since the pandemic, health plans across the U.S. have been battling an unprecedented increase in the prevalence of mental health challenges. As a result, the costs associated with mental health treatment have been rising steadily.

57 million
people live with mental illness in the U.S. (in 2021).[1]

25%
increase in depression and anxiety in adults during the pandemic.[2]

1 in 5
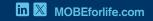adults takes prescription medications for mental health issues.[3]

An opportunity exists to promote mental health and well-being while reducing costs: use a whole-person approach. According to the CDC, the costs for treating people with both mental health disorders and other physical conditions are two to three times higher than for those without co-occurring illnesses.[4] Experts agree that by combining mental health support in addition to physical health support, it's possible to reach the individuals who need it most and address chronic, interdependent health issues.

Why a whole-person approach works:

- Reduces costs when treated simultaneously
- Promotes mental health de-stigmatization when integrated
- Addresses physical side effects of mental health medications
- Boosts engagement in well-being program(s)
- Incorporates lifestyle factors impacting mental health such as movement, nutrition, emotional connection, sleep, and more
- Uses a profoundly human methodology with measurable, proven outcomes

The whole-person approach is the most effective, comprehensive way to treat mental health. Combining mental and physical well-being programs is a smart cost-saving strategy for health plans—and it boosts health outcomes for members.

[1] https://www.nimh.nih.gov/health/statistics/mental-illness
[2] https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide
[3] https://quotewizard.com/news/mental-health-prescriptions
[4] https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health/index.html

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