

## Solution

**Evernorth Guided Behavioral Care** takes a data-informed approach to proactively identify and engage members, provides an assessment and helps to navigate members to the right level of care, quickly. Our solution helps support mental health and emotional well-being with real-time connection to care, all while providing quality outcomes that drive cost savings.

## Key takeaways



Consumers report a **significant decline in their mental health** over the last year. It will be important for plan sponsors to **address consumers' changing needs**.



Younger consumers appear to be **participating in efforts to address their behavioral health**; however, they are much more likely than older consumers to **report challenges**.



When it comes to implementing future behavioral health resources, plan sponsors may wish to consider **age-specific outreach and education efforts**.

## Numbers to remember

**43%**

of consumers—more than two in five—say that their own mental health has declined over the past year

**14%**

Increase in suicide-related diagnoses in children and adolescents, accounting for **35%** of all customers with these diagnoses

**Plan sponsors who say consumers are satisfied with their behavioral health support**

EMPLOYERS

**72%**

HEALTH PLAN LEADERS

**78%**

**Consumers who have actively taken steps to address their mental health needs**

**66%**

Gen Z

**66%**

Millennials

**55%**

Gen X

**38%**

Baby Boomers

**Consumers who are satisfied with their behavioral health support**

CONSUMERS

**68%**