

inMyndSM

Every mind deserves better



Diabetes. High cholesterol. Hypertension. Asthma. We talk about these health conditions with little to no hesitation. Mental health conditions, unfortunately, are often a different story.

Many of your employees may feel ashamed to admit they're struggling with stress, anxiety or depression. Lack of awareness and support in the workplace isn't just something we need to open our eyes to, it also drives up health care costs.

inMynd can help

inMynd is a comprehensive, holistic solution that helps customers and their providers better recognize and find resources to treat behavioral health conditions.

Coupling Cigna's medication-centric coaching with prescriber outreach, inMynd leverages integrated claims data and multiple pharmacy touchpoints to improve engagement with Cigna behavioral resources. This in turn can increase engagement, improve outcomes and reduce costs.

Depression is the leading cause of disability worldwide, resulting in:

\$44 billion annually in lost productivity¹

4.8 missed workdays¹

11.5 days reduced productivity¹

Integrated benefits for personalized engagement

At Cigna, we start with one clinical platform for all of our benefits to meet customers wherever they are in their mental health journey. It's real-time and woven into all of our benefits for actionable insights, proactive and timely customer engagement, and provider collaboration. This total healthcare approach focuses on the whole person – with more affordability, predictability, and simplicity.



Engagement and Connections – Pharmacy benefit customer calls connect customers in real time to condition coaching and behavioral benefit support.



Cognitive Behavioral Digital Therapy*



- > **Prevail** – On-demand peer coaching and personalized learning help to boost mood and improve mental health²



- > **Happify** – Digital self-guidance tool to help increase resilience²

*Online digital tools are only available for clients who adopt Cigna Total Behavioral Health.
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Clinical focus on health and outcomes

Using our integrated, real-time data and provider relationships, we're able to get the right information in the hands of the right caregiver at the right time to make an impact.



Provider Alerts – We equip providers who prescribe psychiatric drugs with real-time complete insights to close gaps in care and alert them to unhealthy patient drug use to deliver better outcomes – body and mind.



Customer Alerts – We use data to identify unsafe use of psychiatric drugs and then contact customers to educate them about Cigna's behavioral health resources.



Improving costs and productivity

\$2800 savings

in combined medical/pharmacy costs post intervention per engaged customer³

75% of this savings

from in/out patient and ER avoidance, and 24% had lower psychiatric drug utilization³

80%

of employees treated for behavioral illness report improved levels of work efficacy and satisfaction⁴

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inMynd is part of your Cigna medical, pharmacy and behavioral benefits at **no additional cost**. Together, we can address workers' mental health and be advocates and supporters for family members, neighbors and colleagues who need it. Talk to your Cigna representative to learn more.



1. Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion, April 2016.

2. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to applicable program terms and conditions. Program availability is subject to change.

3. Cigna National Book of Business. Predictive provider and customer engagement full year results. 2017.

4. U.S. National Library of Medicine. Mental Health in the Workplace: A Public Health Summit. Oct. 2016.

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