



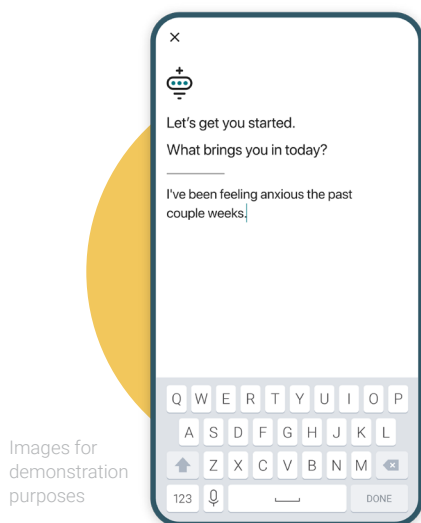
# 98point6 Primary Care and Behavioral Health

## Two Essential Services. One Solution.

Introducing a comprehensive behavioral health solution that seamlessly integrates with the 98point6 on-demand primary care service. By streamlining the patient journey, we're driving early intervention of mental health issues that leads to greater well-being for employees—and lower total cost of care for you.

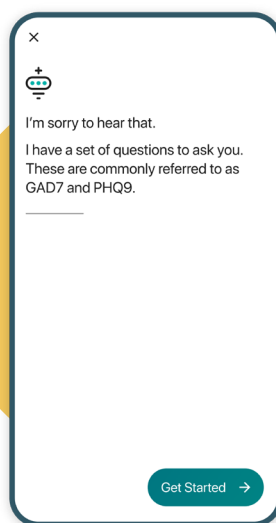
### A connected approach to mental health

Taking that first step towards mental well-being can be the hardest. With 98point6's text-first primary care service, employees have unlimited, on-demand access to board-certified physicians who are able to diagnose behavioral health issues early, alongside other symptoms, and direct employees to licensed therapists and behavioral health coaches as needed—ensuring they get the appropriate level of support at the right time.



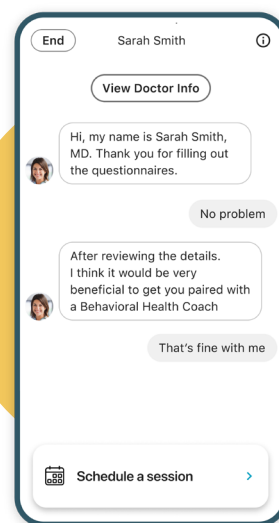
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The patient shares the reason for their visit. They're able to reach out by text anytime—and from anywhere—which drives earlier intervention.



2

An Automated Assistant asks follow-up questions and, if relevant, takes the patient through the GAD-7 and PHQ-9 questionnaires used to measure anxiety and depression.



3

A primary care physician evaluates the patient's need for behavioral health intervention and recommends an appointment with a coach or therapist, as needed.

**"Our number one priority is to deliver high-quality care in the most convenient way for the patient."**

Whether it's a text-based visit with one of our physicians for medication management or a video-based visit with one of our therapists for psychotherapy, we'll ensure each patient is provided with the right level of care in the most accessible way possible."

— Lauren Gums, VP, Clinical and Provider Operations at 98point6



# The 98point6 Behavioral Health Service

98point6 now offers a range of mental health options to help your employees feel fully supported—especially important during this global health crisis.

## Licensed therapy

Evidence-based psychotherapy for mental health conditions like anxiety and depression.

## Collaborative care approach

Our physicians work closely with behavioral health specialists to provide care that helps patients achieve a greater sense of well-being.

## Behavioral health coaching

Guidance on more common challenges like unmanaged stress, recent trauma or illness.



**Some common concerns our behavioral health specialists address with patients:**

- Anxiety
- Depression
- Grief
- Health behavior change
- Insomnia/sleep issues
- Professional development
- Self-confidence
- Stress management
- Trauma

**Since the pandemic, 46% of U.S. adults have reported mental health struggles.<sup>1</sup> We can help.**

## Earlier intervention

Our primary care physicians can identify mental health issues and encourage seeking support before it becomes more costly.

## One-stop solution

Care for your employees—all in one place. 98point6 makes navigating the patient journey simple for every step of the way.

## Personalized, team-based care

Board-certified physicians teamed with licensed therapists and coaches ensure patients are guided to the appropriate level of care.

## Outcomes-driven

By tracking longitudinal progress on key metrics such as engagement, PHQ-9 and GAD-7, we demonstrate how employees are improving and achieving higher levels of well-being and productivity.

**Behavioral health services are available to adults only (ages 18+).**

## Get started today.

To learn more about the Behavioral Health offering from 98point6, contact your Alliant Insurance Representative today.

<sup>1</sup> <https://www.standard.com/eforms/21962.pdf>