



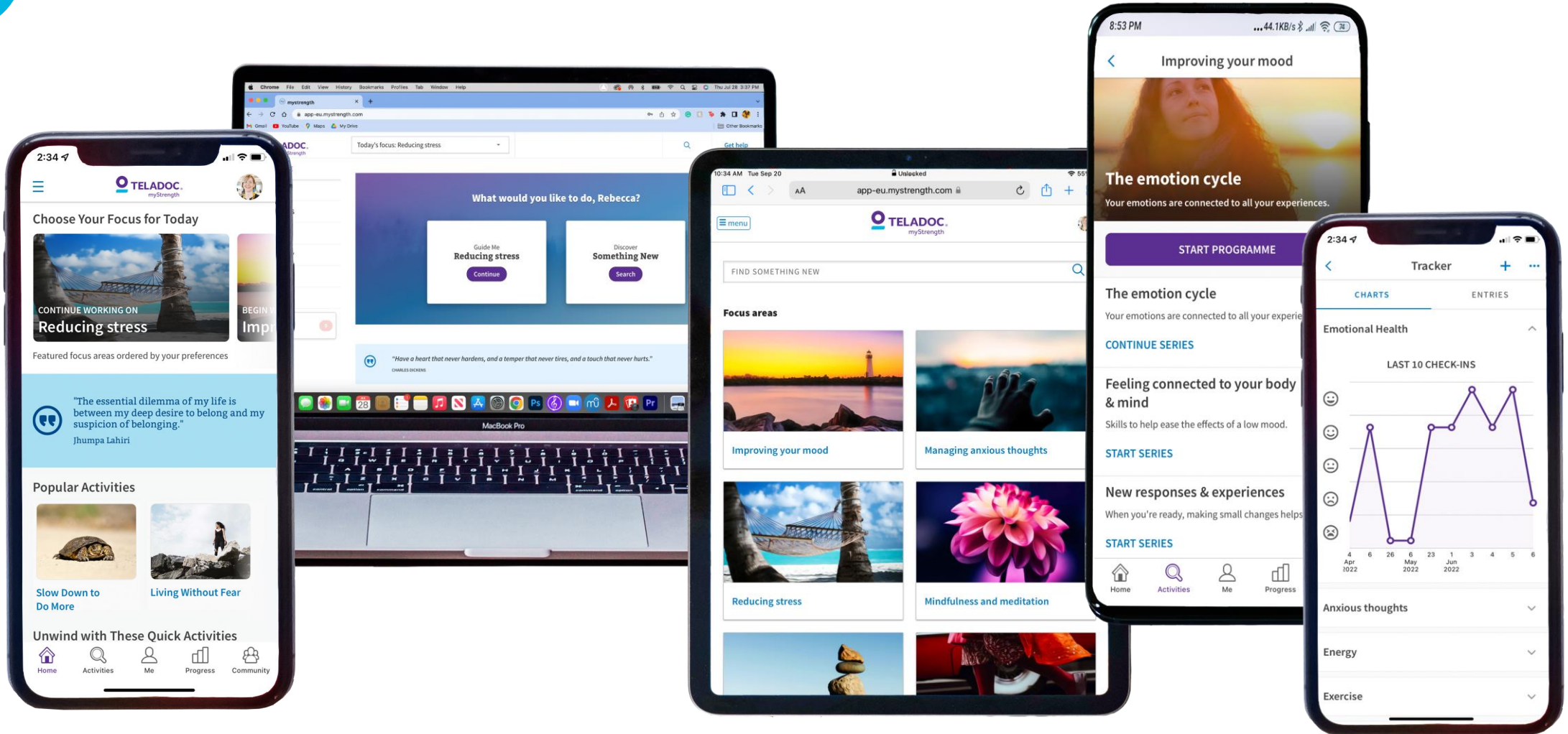
Teladoc[™]
HEALTH

Transforming the healthcare experience

myStrength for mental and emotional wellness



myStrength for Emotional Wellness





Breadth: Covering the Spectrum of Emotional Wellness Needs

Tools for everyone

Tools for all facets of emotional wellness

Contextual and relevant

Life topics that meet members where they are





Personalisation

Dedicated Engagement Guides

Goal: Sustained engagement and successful use of the digital platform for optimum results.

- Teladoc expert guides trained in goal setting, driving motivation, and empathetic listening.
- Asynchronous, text-based, one-on-one
- Escalation to additional local resources when needed or indicated

100%

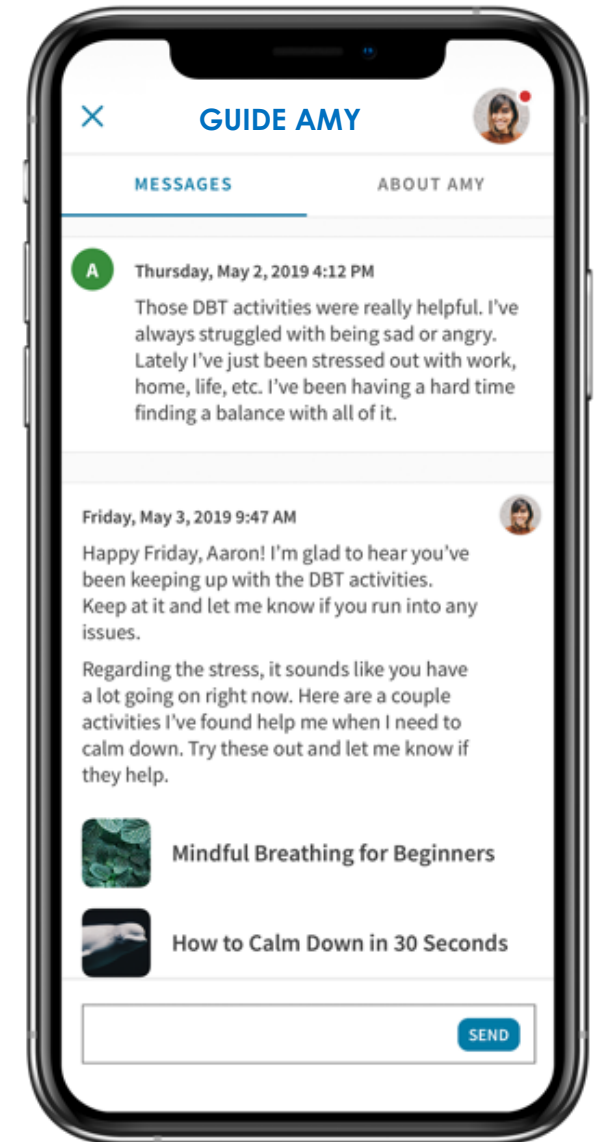
Matched to a
dedicated guide


35%

Choose to
be guided

3x

Digital engagement
for guided user





“When I am stressed or needing valid resources to help refocus my mind and emotions, myStrength has many valuable resources and is easy to navigate.”

What our users are saying;

**95% are satisfied or very satisfied
with myStrength**

"When I am stressed or needing valid resources to help refocus my mind and emotions, myStrength has many valuable resources and is easy to navigate."

"myStrength has been helpful by allowing me to explore different topics, and to really reflect on myself. It prompts me to want to make positive changes in my mental and physical health."

"It's been helpful in giving me tips to cope with how I'm feeling, and I know that if I need help, I can just open the app and it's right there."

Digital Solutions – Preventative and Accessible

Digital wellness can help prevent more serious mental health issues while overcoming many of the barriers to receiving care.



Stigma

Anonymous,
private use



Episodic

Intervention at time of
need = prevention



Recognition

Data-science
driven



Access

Prevention of critical
needs reduces strain on
mental health system



Cost

Economical



Quality

Aligned with gold standards
and rigorously tested



Inconvenience

24/7/365 access from
any location



Low Utilisation

Easy entrance point



Complexity

Highly personalised
experience

myStrength content Release Plan 2022

Q1 2022

Focus Areas:

- Reducing Stress
- Mindfulness & Meditation
- Balancing Intense Emotions

Life Topics:

- Relationships
- Work
- Aging
- Grief
- Caregiving

Q2 2022

Focus Areas:

- Improving Mood
- Dealing with Anxious Thoughts

Life Topics:

- Coping During COVID-19
- Managing Chronic Conditions
- LGBTQ+
- Suicide

Q3 2022

Focus Areas:

- Improving Sleep
- Pregnancy & Early Parenting
- Nicotine Recovery
- Resiliency

Life Topics:

- Relationships (Expansion)
- Loneliness

Q4 2022

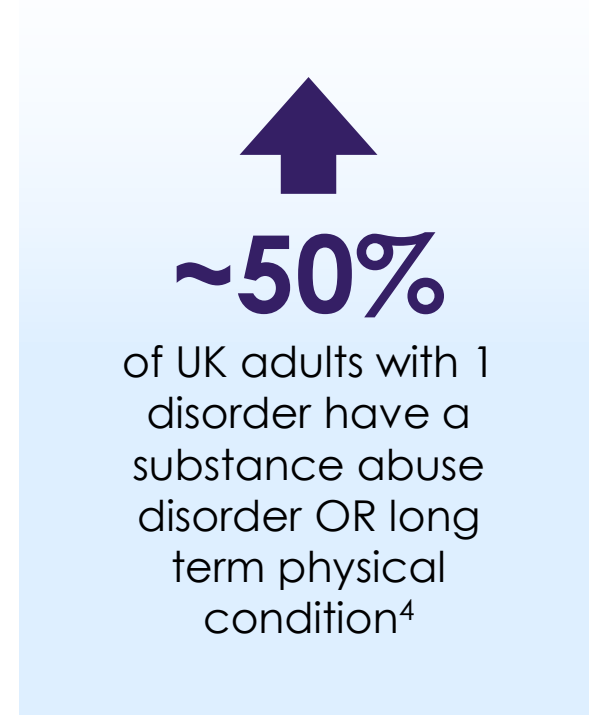
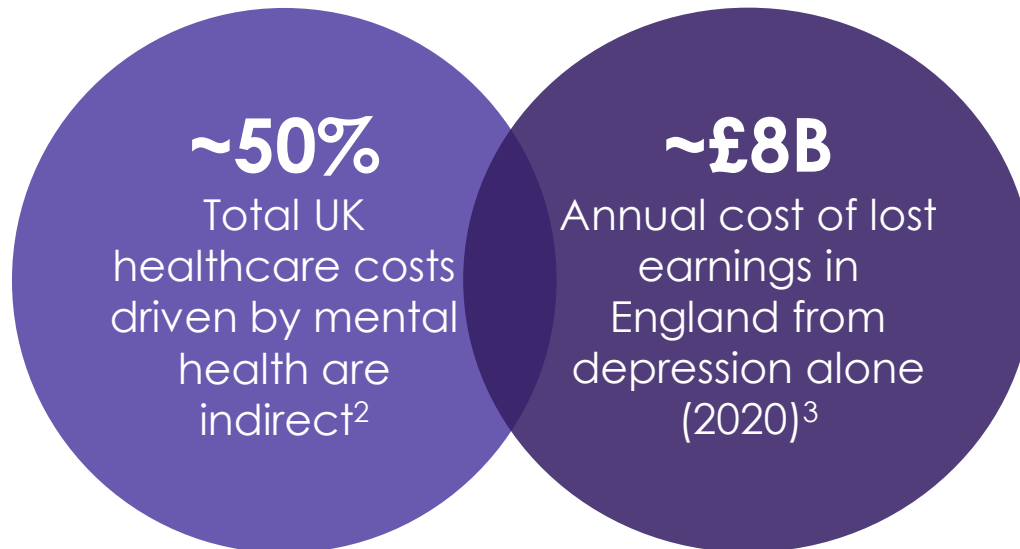
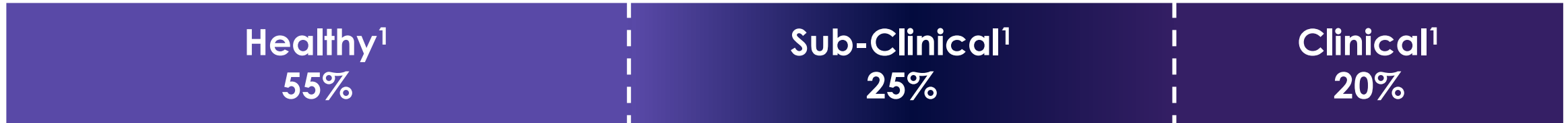
Focus Areas:

- Moving Beyond Life Challenging Events
- Living With Pain
- Understanding Your Alcohol Use

Life Topics:

- Money Matters

Overview of Mental Health in the UK

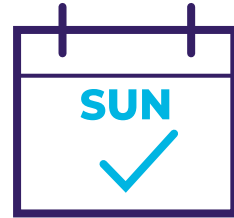


1. Mental Health Foundation, (2016), Fundamental Facts About Mental Health 2016, Mental Health Foundation: London, (<https://www.mentalhealth.org.uk/sites/default/files/fundamental-facts-about-mental-health-2016.pdf>)
2. Boseley, Sarah, 'Mental illness cost UK 94 billion pounds/yr OECD report says', 22 Nov 2018 from (<https://www.theguardian.com/society/2018/nov/22/mental-illness-costs-uk-94bn-a-year-oecd-report-says-employment-economy-productivity>)
3. Paying the Price, The cost of mental health care in England to 2026 McCrone P, Dhanasiri S, Patel A, Knapp M, Lawton-Smith S. Paying the price: the cost of mental health care in England to 2026. Br J Psychiatry. 2008;184:386-392. (https://www.kingsfund.org.uk/sites/default/files/Paying-the-Price-the-cost-of-mental-health-care-England-2026-McCrone-Dhanasiri-Patel-Knapp-Lawton-Smith-Kings-Fund-May-2008_0.pdf)
4. Centre for Mental Health, 'Co-morbidities: physical health and mental health problems together' from 'Long-term conditions and mental health: the costs of comorbidities, 2015' (<https://www.centreformentalhealth.org.uk/co-morbidities-physical-health-and-mental-health-problems-together>)

Comprehensive set of capabilities within this holistic experience



of UK residents live where there is little to no access to psychiatric care.¹



Access Limitations

An average of 10 Weeks wait time for specialty psychological care²



Individual Challenges

- Stigma
- Cost
- Transportation



Hard to Understand Options

Broad variety of care options, levels of care, medications just contribute to confusion, complexity and cost

¹ Pharmafile.com, Mental Health crisis as UK struggles with number of psychiatrists, 11/09/17 (<http://pharmafile.com/news/515091/mental-health-crisis-uk-struggles-number-psychiatrists>)

² Baker, Carl, House of Commons Library, Mental health statistics for England: prevalence, services and funding, Briefing Paper, Number 6988, 23 Jan 2020