



ADDRESSING EMPLOYEE MENTAL HEALTH & WELL-BEING

The struggle is real: employee stress is at an all-time high. You are grappling with questions, seeing the signs, but how do you address it? This guide can help.

What Challenge Are You Facing?

Finding the Right Resource That Can Help

I'm not sure what mental health or well-being program is right.



Employees face real barriers in getting to and paying for mental health care. There are solutions that can layer over your primary plan and provide coverage and support. These solutions work with your current benefit strategy and can be put in place at any time during the year.

What mental health and well-being resources will be effective for employees?



Truly effective mental health and well-being programs tackling both coverage for treatment (office visits, prescriptions, co-pays, etc.) and navigation to various levels of mental health support services.

Employee stress and burnout are damaging productivity and morale in remote-first work.



Effective support for mental health and well-being can make a difference even for healthy employees, helping them be more focused and productive during and after this period. There are solutions that include coverage and access to a full spectrum of support for mental health and well-being needs.

Employees are struggling with addiction or substance abuse issues.



Employees in crisis may need help navigating to the right care. You need a solution with built-in care navigation to quickly connect employees to the right care for their condition.

Primary plan or EAP is not fully meeting mental health needs, and I don't have the time to piecemeal solutions.



Coordination of coverage can be challenging for both employers and employees. There are solutions that have all-in-one coverage and access to coaching, counseling and more. These solutions close or eliminate the coverage gaps and make paying for care easier.

How can my company provide coverage and support for proactive well-being and stress management?



Access to coaching and other support for well-being can make a big difference. So can wellness treatments like massage therapy. Consider solutions that include this along with other needed coverage and services for a holistic solution to employee mental health.

Learn how **WellPak by ArmadaCare** can help tackle these challenges by:

- Providing ample coverage for mental health care.
- Eliminating the barriers to care.
- Reducing the stigma associated with seeking treatment.
- Providing resources that benefit all employees with personalized care and well-being support.
- Closing gaps in coverage that cause financial strain while helping employers manage health plan costs.

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