

Virtual therapy

As the national conversation about the importance of mental health continues to grow, employers are looking for ways to improve their staff's access to virtual mental health and emotional wellbeing solutions.

With eMbrace, your employees can access comprehensive virtual therapy through BetterHelp, the world's largest online counseling service. BetterHelp provides counseling for the entire family—individuals, couples and teens (age 13–18 with parental consent) through the following modalities:

- Text messaging exchange over a week
- Live phone session
- Live video session
- Live chat session

Members can switch between modalities while in therapy. They can choose to chat with a therapist online one week and schedule a video session the next week.

Key features

- Staffed by licensed, trained, experienced and accredited psychologists, marriage and family therapists, clinical social workers, and professional counselors
- Integrated with the Magellan Healthcare call center to deliver services to members quickly and efficiently
- Speedy access to care, typically within 24 hours
- Reaches members who may struggle to follow through with, or have barriers to accessing, in-person care.
- HIPAA and SOX compliant, 256-bit SSL technology protects members' privacy and safeguards their information.

Proven results

An extensive study by the Berkeley Well-Being institutes found BetterHelp to be as effective as in-person counseling.¹

- 98% made significant progress
- 70% reduced depression symptoms

Virtual therapy will help your staff and their household members improve their quality of life by being able to access therapy quickly, when and where they need it.



Ready to talk to someone about transforming your employee experience?
Visit MagellanHealthcare.com/eMbrace or email MHCinfo@MagellanHealth.com.

1. www.betterhelp.com