



Full-Spectrum Digital Mental Health Platform

- 16 core focus areas
- 8 Evidence-based paradigms
- More than 30 life topics
- More than 1600 activities

CORE FOCUS AREAS

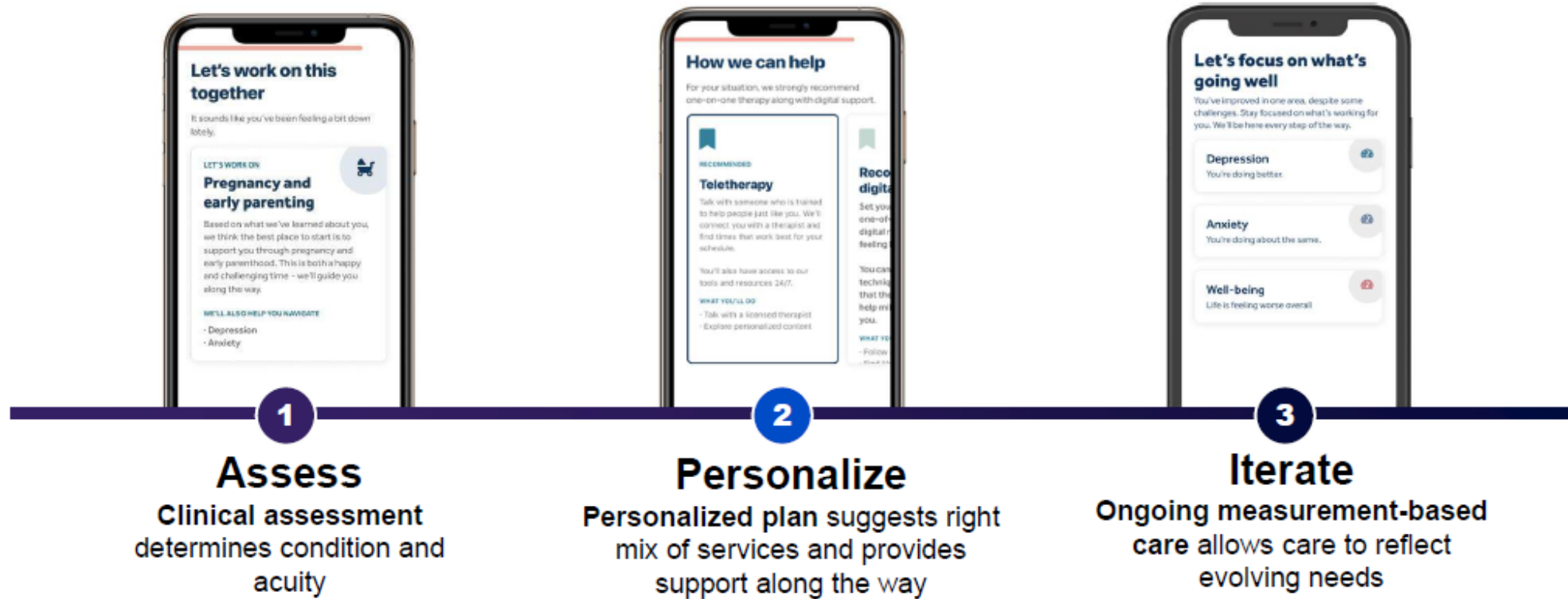
- Depression
- Anxiety
- Substance use disorders
- Insomnia
- Opioid/MAT
- Chronic pain
- Pregnancy and early parenting
- Balancing emotions
- Chronic conditions
- Stress
- Mindfulness
- Trauma
- COVID-19
- Nicotine
- LGBTQ+
- Bipolar

EVIDENCE-BASED PARADIGMS

- Cognitive Behavioral Therapy
- Behavioral activations
- Mindfulness
- Motivational interviewing
- Positive Psychology
- Dialectical behavioral therapy
- Medication assisted treatment for opioid recovery
- Acceptance and commitment therapy

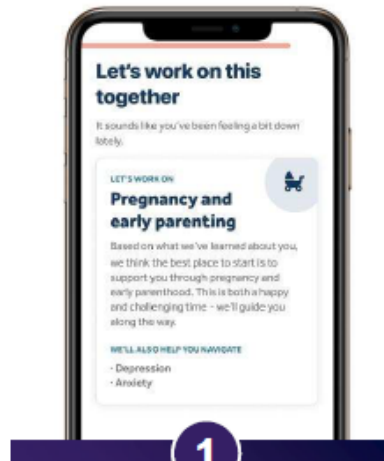
Personalized Emotional Health Support

From a wide breadth of care steps, defines a Clear Path to the optimal Care



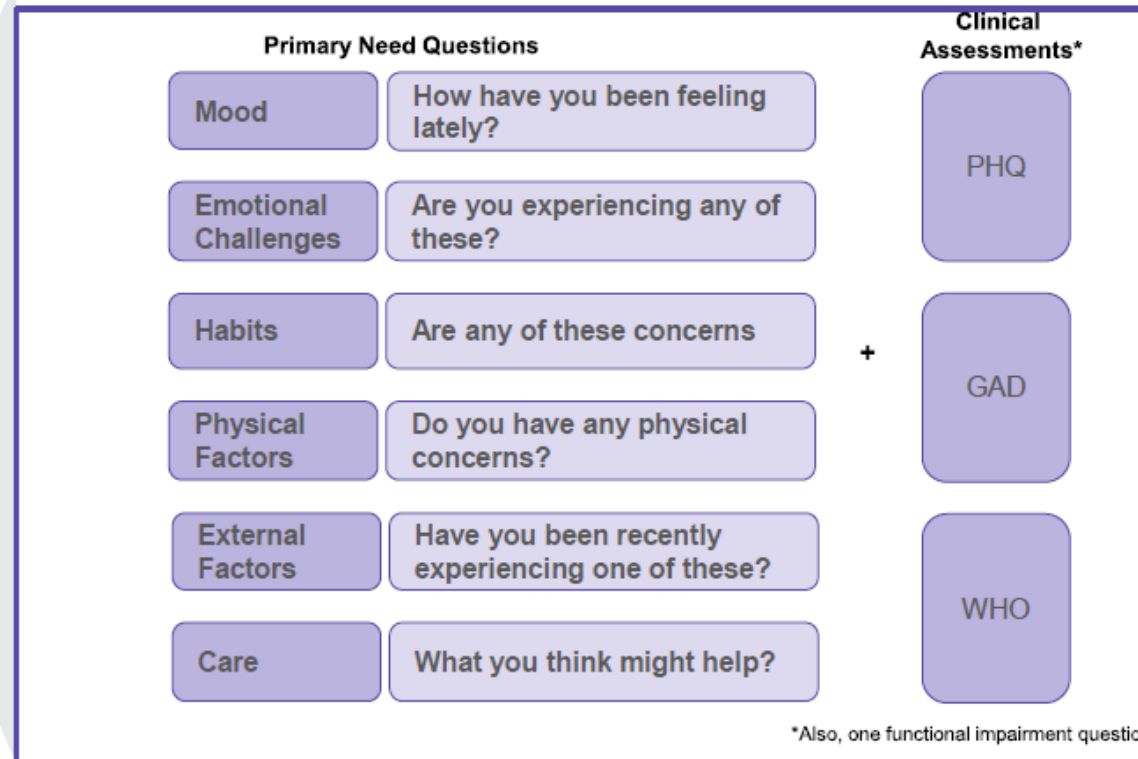
Step 1: Clinical Assessment

Primary needs questions help understand members chief complaint.
Clinical assessments enable assessing member's condition and severity.



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Assess
Clinical assessment determines condition and acuity

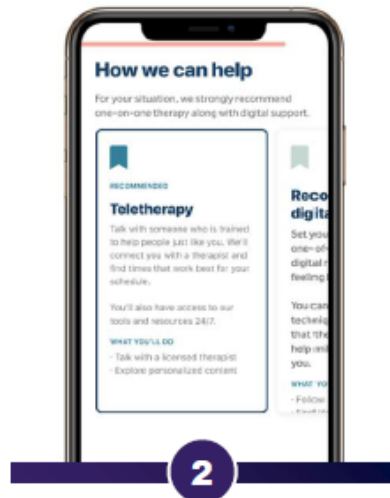


*Also, one functional impairment question

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Step 2- Personal Plan

Sophisticated clinical algorithms map primary need and scores to the optimal mix of care



Personalize

Personalized plan suggests right mix of services and provides support along the way

The care recommendation engine uses **four inputs** in the clinical algorithms

1. Condition

- Tier A Depression Anxiety Stress
- Tier B Insomnia Substance abuse/opioid/MAT Trauma
Mindfulness Pregnancy & early parenting Chronic pain
Nicotine Balancing emotions Bipolar disorder
Alcohol & drugs

2. Severity Healthy Subclinical Mild Moderate Severe

3. Suicidality Yes No

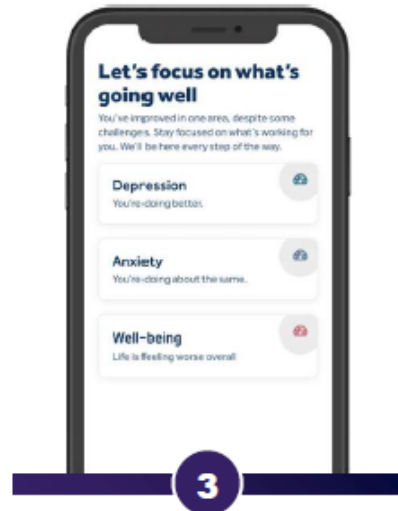
4. Member's chief complaint

The resulting personal plan assigns the **optimal step of care**

- Reflects the member's **self-identified need**, unless a severe clinical need is identified
- **Prioritizes across multiple needs**, if applicable
- **Offers alternatives** to primary recommendation

Step 3- Ongoing Measurement-based Care

Reassessing and modifying care to reflect evolving needs



Iterate

Ongoing measurement-based care allows care to reflect evolving needs

- **Push notifications**, home page cards and email messages remind members to take reassessments at
 - 14 (required) and 30 days (required) then again at 60, 90, 180 & 360 days (optional)
- Clinical improvement is based on defined improvement levels for the **PHQ-9, GAD-7 & WHO-5**
- Regular assessments provide members with a measure of **progress** and **encourage** ongoing engagement
- **Assessments benefit clients**
 - Prioritizes and deploys resources to **those who need it most**
 - Forms the basis for **outcomes reporting** for the client
- Content is **continually refreshed** as the member uses the app

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IN THE MOMENT TOOLS

Short-form content

- Recommended to the members in their personal plan
- Actionable content
 - Help members better deal with episodic distress
 - Deliver immediate relief

RECOMMENDED DIGITAL CONTENT

Linear, self-guided programs containing multiple modules

- Articles, videos and exercises
- Based on EBP interventions
- Continually refreshed based on member preference

Structured Digital Courses

Digital Self-Care

Designed to deliver faster resolution and measurable improvements in symptoms

Most common conditions:
Depression, Anxiety, Substance abuse and sleep

How to Create a Provider/Clinical Account

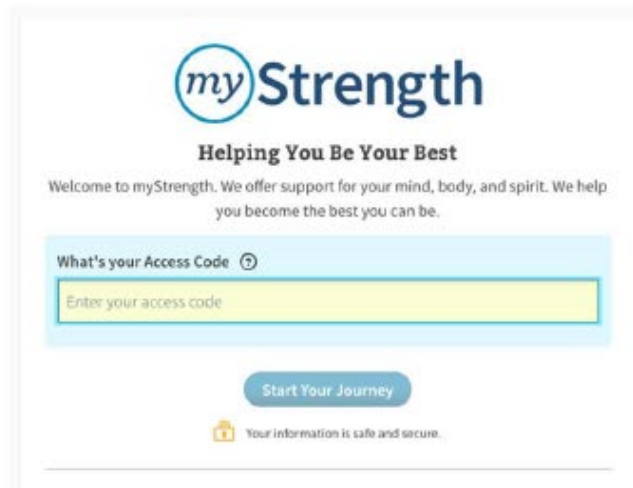
Step 1:

- Log onto myStrength.com
- Click on Sign Up
- Register with your work email address



Step 2:


- When prompted, enter access code: **KSPProvider** or **KSClinical**



Step 3:

- Complete registration

Foster Care and **myStrength**[®] by Teladoc Health

- Sunflower has a Foster Care Performance Improvement Program
 -  **myStrength**[®] is an intervention
- Foster Care specific link: <https://mystrength.com/go/epc/shpfc>
- Link for all other members: <https://mystrength.com/go/epc/kansas>

Tutorial



Help is here

It seems like you've been going through a hard time lately.

Whatever challenges you're facing, you're not alone. Create a crisis plan or talk to someone right away.

Your crisis plan

Recognize your own distress, and learn strategies to get the help you need and the care you deserve.

[Create crisis plan](#)

National Suicide Prevention Lifeline

800-273-8255

Call

<https://mystrength.com/go/epc/shpfc>



Your recommended program

It sounds like you've been feeling down lately. You've been pretty uneasy too, which isn't a big surprise. These things usually go together.

Managing anxiety

Based on what we've learned about you, we think the best place to start is to work on symptoms of anxiety. We'll share tools and techniques to reset your thinking.

Work on something else



Questions?
