

TELEHEALTH MENTAL HEALTH COMPARISON

Most EAP's vs Our MyStrength Mental Health Program

EAP PROGRAMS

Focus on multiple categories of everyday life and help balance work and family life. Most EAP mental health solutions are limited to licensed counselors and do not include access to psychiatrists or have the ability to prescribe medications.

Typical EAP Program Features

- Online resources like articles, videos, loan calculators, legal forms, and webinars.
- Financial specialist Debt management, credit issues, budgeting, and saving.
- Legal specialist - Talk to an independent Legal Attorney for advice.
- Tax specialist for advice on tax matters.
- Licensed Professional Counselors - help you work through personal, family or work issues to feel happier and more productive.
- If needed, they can refer employee to qualified professionals for long-term help at employees expense.

MYSTRENGTH MENTAL HEALTH PROGRAM

Our Plan includes a full range of mental health services from digital apps to clinicians so that members can access timely help, tailored to their needs and on their terms. Our unique stepped care model is designed to seamlessly combine app-based tools and coaching expertise with Teladoc’s therapists and psychiatrists to ensure that members get the level of mental health support and care they need when they need it.

MyStrength Program Features

- 24/7 access to Licensed Psychiatrists, Therapists, and Counselors
- Structured Digital Courses, Engagement Guidance, and Crisis Outreach
- Evidence-based support for many types of emotional challenges
- Enhanced reporting on the program’s participation rates and outcomes
- All immediate family living in the household are covered
- Local Support
- No Copays or hidden fees

	EAP	MyStrength
Comprehensive Stepped Care	✗	✓
Licensed Counselors	✓	✓
Mental Health Crisis Care	✓	✓
Psychiatrist	✗	✓
Can Prescribe Meds	✗	✓
Engagement Guidance	✗	✓
Coaching	✓	✓