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GUEST ARTICLE: AMERIHEALTH ADMINISTRATORS



IMPROVING EMPLOYEE WELL-BEING THROUGH MENTAL HEALTH BENEFITS

Did you know nearly one in five adults in the U.S. live with a mental illness?¹

The pandemic has resulted in an overall negative impact on mental health within the U.S. This negative shift has caused many people to focus on improving their mental health. While poor mental health can impact life at home, it can also adversely impact one's ability to perform the responsibilities of their job. Studies show that poor mental health can influence employee's job productivity and performance, communication with coworkers, engagement with one's work, and physical capability and daily functioning.

Employers can take a proactive approach to address these issues through enhanced benefit offerings.

At AmeriHealth Administrators, we are proud to offer many programs that assist employers in managing the mental health and overall well-being of their employees.

Well-being platform

Our Well-Being Platform, accessed through the AmeriHealth Administrators plan member portal, is an easy-to-use, integrated suite of online tools that engages plan members and helps them reach wellness goals. In addition to traditional wellness goals, we have also incorporated programs to address mental and emotional wellness. These programs include topics like managing intense emotions, purposeful relaxation, self-compassion, and being present in the moment – among others.

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Our affiliation with these national organizations is a value-added benefit for our members.



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MDLIVE

To accommodate increasing virtual care needs, our telemedicine vendor offers virtual assistance for behavioral health in addition to their medical and dermatology offerings. MDLIVE Behavioral Health provides affordable and confidential online therapy through a licensed counselor or psychiatrist.

In the changing wellness landscape, it can be important for a company to share their commitment to mental wellbeing by expanding traditional wellness programs.

For additional information or for materials about these programs, please reach out to Mark Miller at Mark.Miller@AHATPA.com.

¹ Mental Health in the Workplace, Mental Health Disorders and Stress Affect Working-Age Americans. Available at: <https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health/index.html>