

## Employee Stress is Costly to Business

Employee burnout is an area of increasing concern to organizations. Stress, depression, anxiety, and other mental health conditions cost U.S. employers [\\$300 billion each year](#). More concerning, [a recent Evernorth study](#) determined that 22% of people with a diagnosed behavioral condition account for 41% of health care spend, and 50% of people with a diagnosed mental health issue don't receive treatment.

But there is good news! [A study](#) from Evernorth Behavioral Health determined that individuals with a behavioral health condition who receive outpatient care had lower total health care costs by up to \$1,377 per person in the first year after treatment, with a two-year cost reduction of up to \$3,109 per person.

A clear picture of available benefits and guidance on how to use and access them is invaluable. Cigna Healthcare's Confide Behavioral Health Navigator<sup>SM</sup> offers members an integrated care pathway providing tailored clinical guidance and care coordination using a simplified and intuitive assessment experience.

Additionally, Cigna Healthcare's commitment to growing our network diversity and accessibility [is demonstrated by](#):

- 46% increase in non-white providers in the past two years
- 21% increase in providers with a cultural or race-related counseling specialty in the past year
- 18.5% increase in providers with LGBTQ+ clinical specialization in the past year
- 115,000 virtual providers – the largest virtual network in the country (all numbers subject to change)

Cigna Healthcare can help employers conquer benefits fatigue by providing clear, personalized guidance, ensuring their members never feel lost, and ensuring that provided benefits achieve the best possible outcomes.

Contact Matt Overby, VP—National Accounts, at [matthew.overby@cignahealthcare.com](mailto:matthew.overby@cignahealthcare.com) or (860) 937-7615 for more information.

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