

# Anxiety

## Magellan Healthcare's solution for a growing problem

For many people, anxiety is a persistent, overwhelming and disabling part of daily life that seems uncontrollable. An estimated 18.1% of Americans suffer from anxiety disorders, the most pervasive mental health concern in the United States. Of these, only 36.9% receive treatment.<sup>1</sup> Left untreated, anxiety can lead to emergency department visits, substance use and abuse, comorbid mental health disorders and physical health problems.

With a behavioral health network of over 110,000 clinicians, Magellan Healthcare offers a unique continuum of services to identify, manage and treat anxiety.

- ✔ **PCP integration**—Smart Screener digitally administers the GAD-7 within the primary care setting, helping PCPs address anxiety before it results in an emergency visit or admission.
- ✔ **Predictive analytics**—Proprietary algorithms identify members who are most likely to admit/readmit for anxiety.
- ✔ **Clinical pathways**—Individualized outreach, treatment planning and customized resources based on the member's anxiety risk level.
- ✔ **Emotional wellness tools**—Our online health tools and programs help reduce the need for face-to-face therapy and prescription medication.
- ✔ **Evidenced-based practices**—Promoting treatments that are safe, proven and cost-effective supports patient change and positive outcomes.
- ✔ **Collaborative care and care management**—Magellan care managers connect members with behavioral and medical experts and community-based interventions, facilitate provider-to-provider consultations and monitor members' progress to help close care gaps and improve outcomes.
- ✔ **Peer support**—Certified peer support specialists provide coaching, encouragement and connection with community resources for those on the road to recovery.

Magellan is committed to leading change in how anxiety is identified, managed and treated. For more information, please contact us at [gensales@magellanhealth.com](mailto:gensales@magellanhealth.com).

**90%**  
of participants in care management rated it as very or extremely helpful<sup>2</sup>

**Up to 35%**  
savings on medical costs with collaborative care and case management<sup>3</sup>

1. Anxiety and Depression Association of America. Facts & Statistics. Retrieved July 21, 2020 from <https://adaa.org/about-adaa/press-room/facts-statistics>  
 2. Magellan health plan customer, member satisfaction survey, January 1, 2017 - December 31, 2017  
 3. Magellan internal data, 2016-2017.