

Focused Health Solutions

Behavioral Health

Focused Health Solutions' Behavioral Health Program is an invaluable resource designed to help individuals who have been diagnosed with anxiety, clinical depression or obsessive compulsive disorder and are taking medication for the treatment of one of these conditions.

Focused Health Solutions, through enhanced education and personalized coaching, assists in minimizing complications and provides much-needed education and answers. Information provided to individuals for support is based on nationally accepted evidence-based practice guidelines and literature.

Behavioral Health Facts

Anxiety Facts

- Without proper treatment, these costs are expected to rise: The World Health Organization recently predicted that by the year 2020, anxiety will have grown to be one of the world's largest disabilities

Source: "Johns Hopkins Study Shows Depression, Anxiety Hurt Employers As Well," redorbit.com, Nov. 11, 2005.

Depression Facts

- Every year, depression causes 200 million lost days of work
- Workplace depression drains at least \$52 billion from the economy each year, mostly because of absenteeism and lower productivity

Source: "Depression on the job," by Liana Mortazavi. Reviewed by Bruce Linton, PhD, Copyright: Consumer Health Interactive.

Obsessive-Compulsive Disorder Facts

- Researchers estimate that 36 million productive workdays are lost each year in the United States due to behavioral health disorders, such as OCD, costing employers an estimated \$5 billion annually

Source: Hertz RP, Baker CL. The impact of mental disorders on work. Pfizer Outcomes Research. Publication No. P0002941. Pfizer; 2002.



About Us

Focused Health Solutions is a leading national provider of customized population health management services. Founded in 1999, the Deerfield, IL based company boasts a senior management team with over 100 years of collective experience in the healthcare industry and a blue chip customer base. FHS combines innovative data analysis, condition-specific clinical pathways, proprietary telehealth technology, Health Risk Assessments, and deep clinical expertise to reduce healthcare costs and improve health. The FHS population health management model integrates sophisticated systems and experienced personnel to produce quantifiable clinical and economic benefits for its program participants and clients. Focused Health Solutions is a member of DMAA, NCQA, HERO and MWA. For more information, visit www.focusedhealthsolutions.com.





Who Benefits

The Focused Health Solutions' Behavioral Health Program is designed for individuals diagnosed with anxiety, clinical depression or obsessive compulsive disorder. The Behavioral Health program is intended for individuals who:

- Are newly diagnosed or have been experiencing difficulty in managing anxiety, clinical depression or obsessive compulsive disorder
- Need to better understand the importance of medication compliance
- Seek to adopt stress-reducing behaviors
- Are motivated to focus on self-management techniques to avoid future physician visits and hospital stays
- Want to maximize their productivity at home and work

What FHS Participants Say

Those individuals who enrolled in the Focused Health Solutions' Behavioral Health Program stated:

- An increased understanding of their condition
- Better adherence to their medication plans
- Reduced absences at work or school because of fewer debilitating symptoms
- Motivation to get better and set goals
- Fewer emergency room visits and hospital stays related to their condition
- An overall 90% satisfaction rating for Focused Health Solutions' Behavioral Health Program

Unparalleled Technology

Focused Health Solutions is dedicated to providing clients with quality programs that drive measurable cost savings. Our recent investment into our exclusive Focus Information Tracker (FIT) technology platform assists us in documenting and reporting clinical and financial performance improvements that are the result of active participant engagement and leading practice nurse interventions. Focused Health Solutions also has the ability to leverage our technology and determine those individuals best suited for our programs.

For more information about the Behavioral Health Management Program provided by Focused Health Solutions, call 847 282 8000 and request Corporate Sales or send an email request to LearnMore@FocusedHS.com

The information is provided for information only. This information does not constitute medical advice and it should not be relied upon as such. Focused Health Solutions does not engage in the practice of medicine. Focused Health Solutions, under no circumstances, recommends particular treatments for specific individuals and, in all cases, recommends that you consult your physician before pursuing any course of treatment.

