



A Trusted Partner on the Journey Toward Mental Wellbeing

1 in 5

U.S. adults experience a mental health disorder¹

40%

of virtual visits in the US are for a mental health or substance use disorder²

\$15k

average annual spend on an employee experiencing mental health issues³

47%

of the US population live in an area with a mental health workforce shortage⁴

Mental health is fundamental to overall health and vital at every stage of life. At Summus, we know human connection fuels a sense of belonging that leads to better physical and mental health, and a more fulfilling life. No matter the mental health concern, our experts are ready to help.

Summus supports mental wellbeing through:

1. Proactive education from best-in-class experts
2. Guidance for the appropriate mental health resource mental health expertise for acute needs
3. Personalized mental health navigation and referrals for long-term treatment



Your team helped me find an amazing pediatric neuropsychologist who recently evaluated my son, and I have no doubt in my mind that we saw the best of the best.

—Summus Member

How it works

Employees

1. Ask a health question
2. Are quickly connected to a Summus MD or Clinical Advisor who takes the time to listen and understand an employee's unique needs
3. Receive guidance on the appropriate approach to support their mental health journey, including referrals for in person care or to employer-provided mental health benefits

The Summus difference

- ▶ **Masterclasses with leading specialists** covering important and timely mental health topics, including stress management, sleep, imposter syndrome, and burnout, fosters a culture that prioritizes employee wellbeing.
- ▶ **Lifestyle changes focused on self-care** from clinicians trained and certified in Lifestyle Medicine. Our physicians help employees make small changes that have lasting impact, resulting in improved mental and physical health.
- ▶ **Mental health navigation support** takes the stress out of finding the right type of mental health professional and supports improved productivity.
- ▶ **Personalized provider referrals** that are in-network and culturally aligned with an employee's preferences that lead to reduced out-of-network costs and increased employee engagement.

MEMBER SPOTLIGHT

A clear path forward

Ann had struggled with gastrointestinal issues, migraines, anxiety, menstrual pain, skin issues, and unexplained dizziness and nausea, which had taken a toll on her quality of life for nearly a decade. Despite many attempts and provider visits, she couldn't get answers or relief.

Ann reached out to Summus and was quickly connected with Dr. Colleen Tenan, Summus MD. Dr. Tenan listened to Ann's concerns and symptoms and worked with her to develop a thoughtful path forward that addressed all of her health concerns. For her anxiety, Dr. Tenan recommended mental health navigation. Summus connected Ann with Dr. Melissa Castro, Summus Clinical Advisor, who curated a list of therapists specializing in generalized anxiety disorder to help her find the right care.

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Thank you so much! The consultations were incredibly helpful and for the first time I feel like I'm getting my life back on track and finally feeling like my old self again.

—Ann, Summus member