

### INSIGHT 1

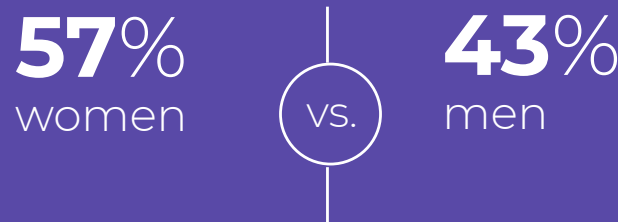
Employees feel their mental health is suffering due to COVID-19



report mental health has been negatively impacted

### INSIGHT 2

Young employees and women are the most negatively impacted

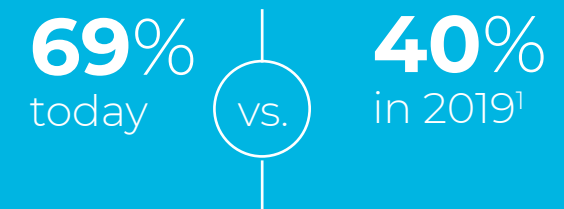


COVID-19 drives positive mental health conversation around access and care

### INSIGHT 3

Comfort is growing in the use of remote forms of mental healthcare

Open to virtual care



## Teladoc Health meets the demand for mental health needs<sup>2</sup>



**4x**  
increase in members using virtual mental health for the first time

**60%**  
increase in members with adjustment anxiety disorder

**100%+**  
increase in visits for ages 18-30

Read more and learn how virtual care is meeting a growing need for access to mental healthcare.

TeladocHealth.com/mental-health  
#Care4MentalHealth

Asian American Hotel Owners Association members can click [here](#) to reach the setup page.

Source: April 2020 study of 735 employees or those recently employed in the U.S., conducted by Leger and commissioned by Teladoc Health  
<sup>1</sup>2019 Mental Health in the Workplace: Global Impact study by Teladoc Health, commissioned through Ipsos MORI.  
<sup>2</sup>Mental Health data from March 2020 vs. February 2020