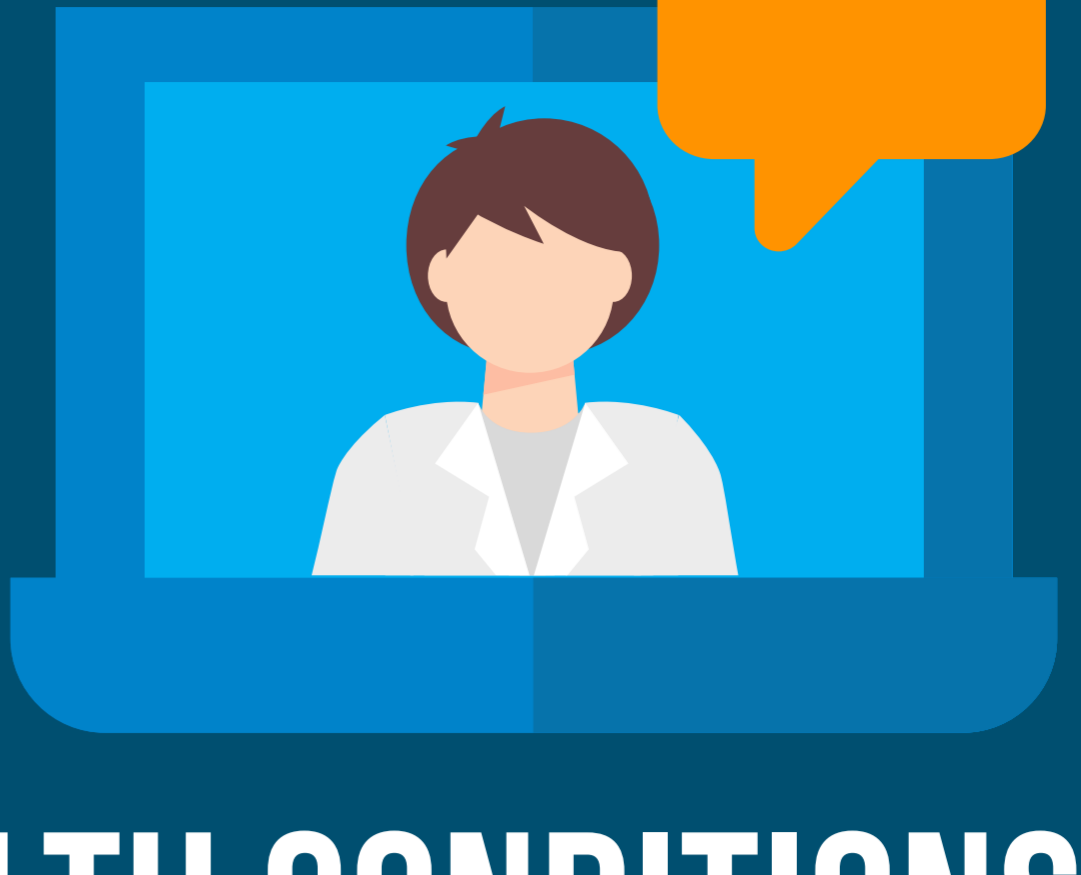


# BEHAVIORAL HEALTH BY THE NUMBERS

a closer look at the impact of COVID-19

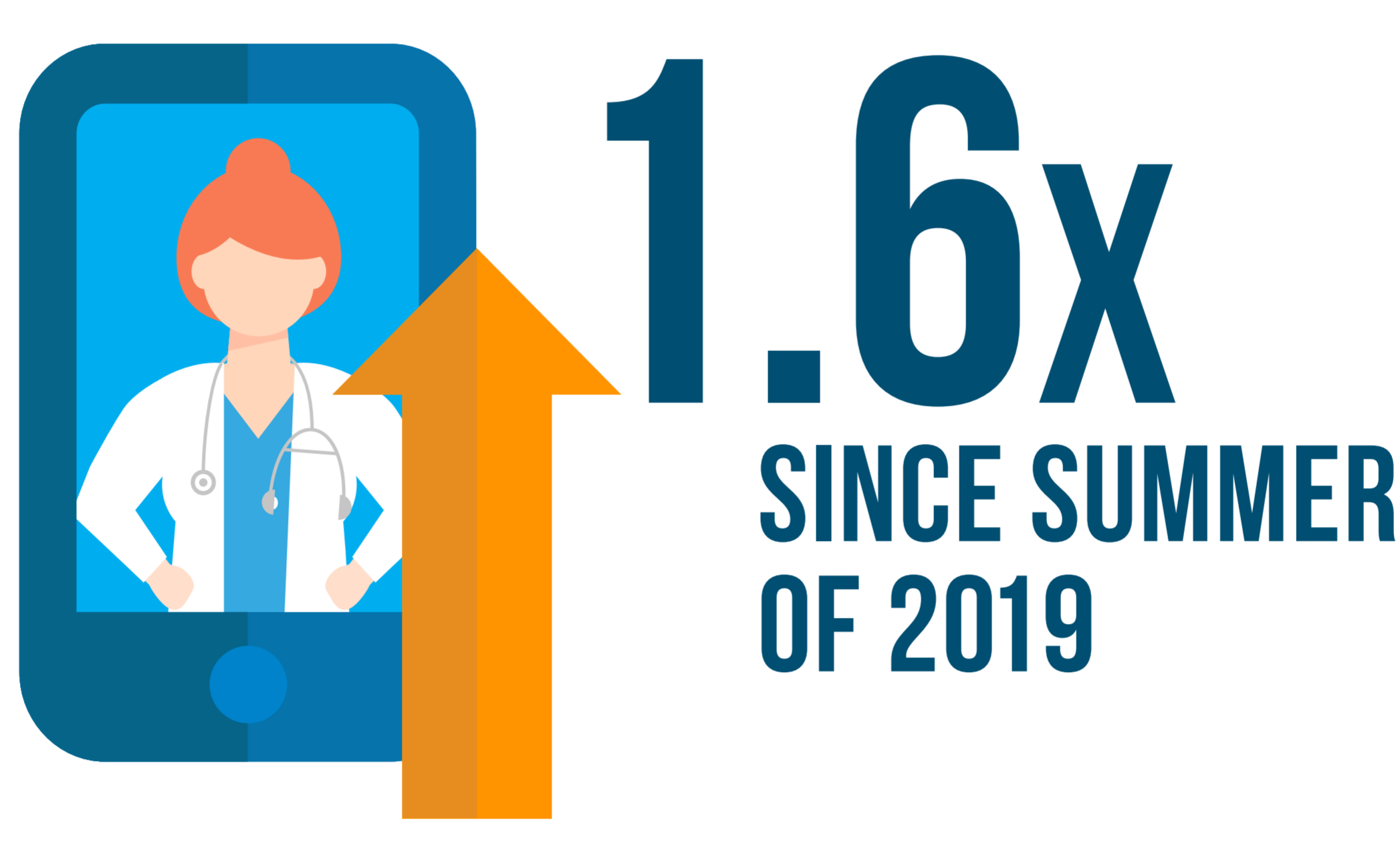
# 75%



**WITH BEHAVIORAL HEALTH CONDITIONS ARE CONTINUING THERAPY DURING THE COVID-19 PANDEMIC**



## VIRTUAL CARE HAS INCREASED



More than half of that growth has come since the onset of the COVID-19 pandemic

## TELEMEDICINE USAGE AMONG AGE GROUPS



## WHY IT MATTERS

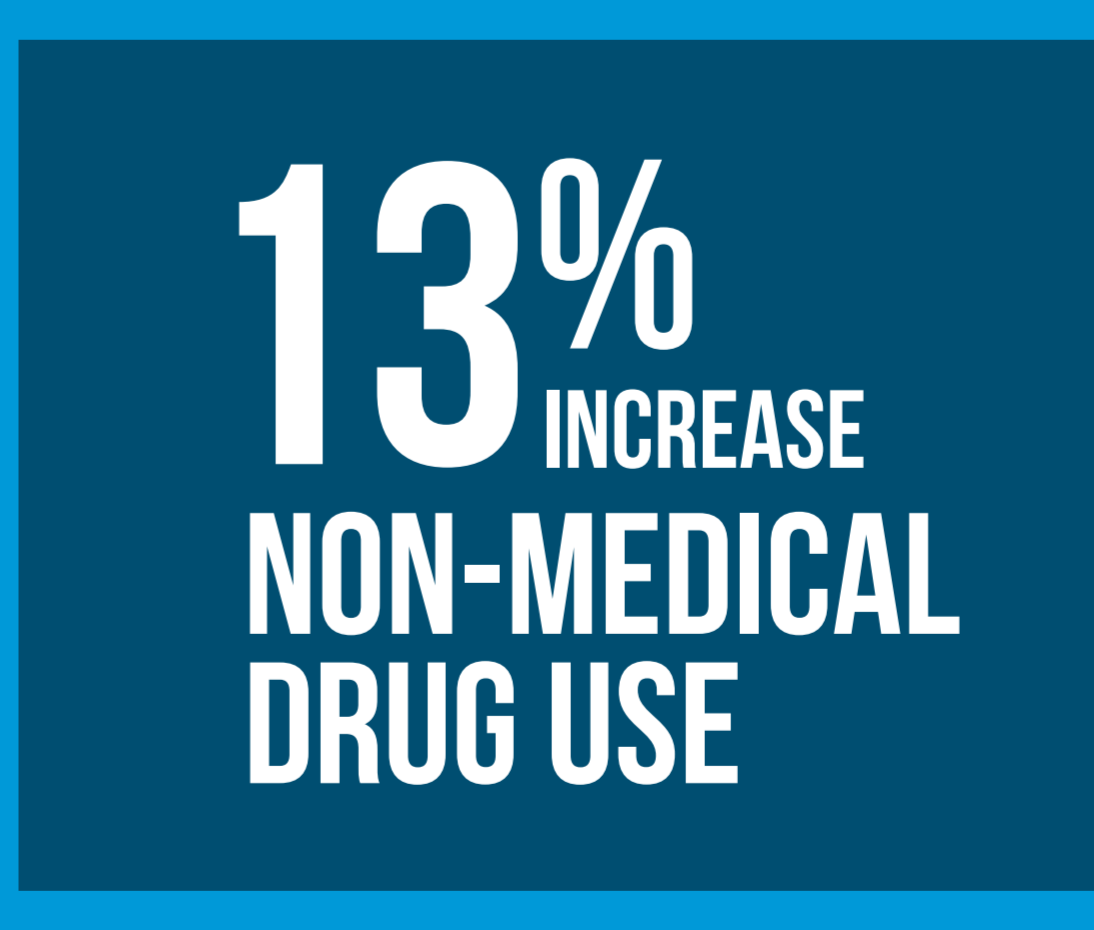
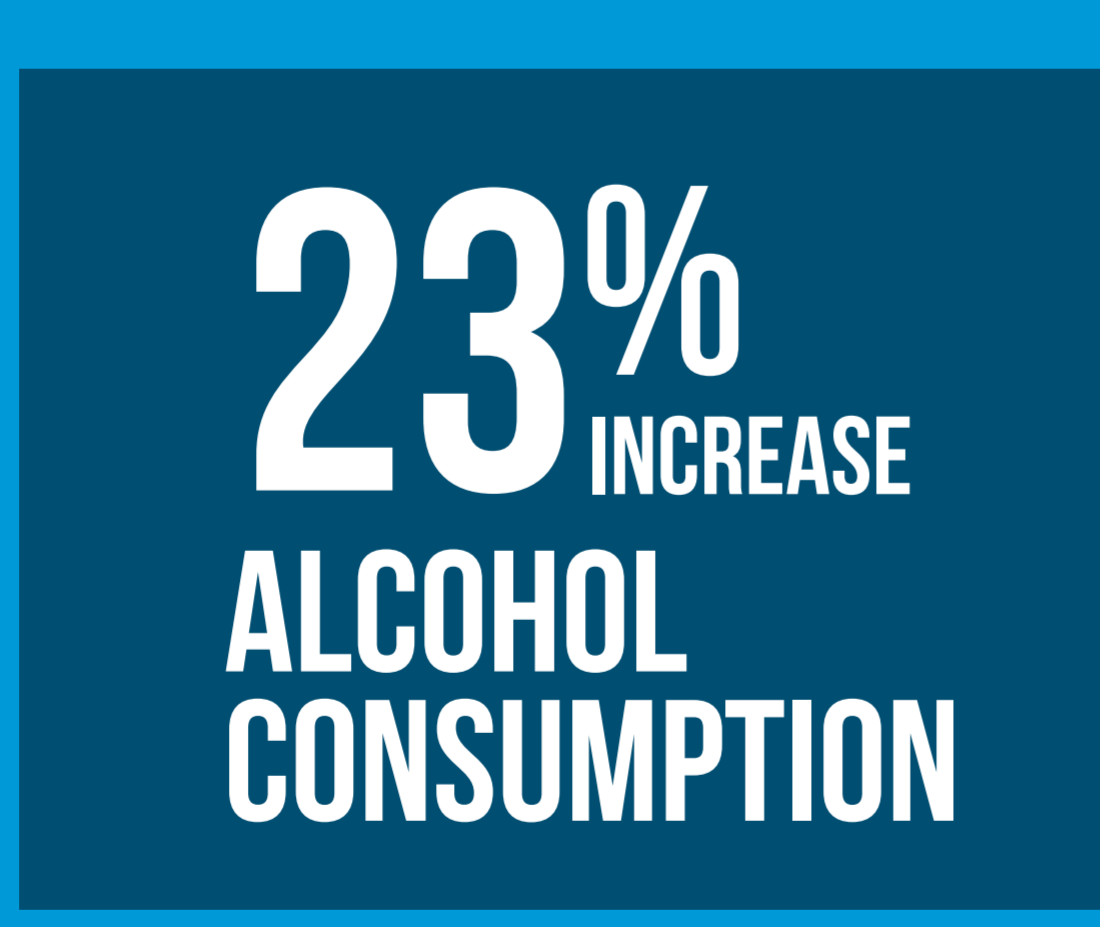
Behavioral health conditions have been on the rise in recent years and it's important to keep an eye on the effect COVID-19 can have on mental health as well as physical health.

### INCREASE IN PREVALENCE OF BEHAVIORAL HEALTH CONDITIONS

	Increase from 2014-2018
Major Depressive Disorder	61.5%
Tobacco Use Disorder	53.3%
Substance Use Disorder	50.8%
Anxiety	38.6%
Alcohol Use Disorder	24.9%

*Blue Cross Blue Shield Health Index*

Data shows that certain negative behaviors have risen since the outbreak began. And these behaviors can lead to anxiety and major depression, as well as tobacco, substance, and alcohol use disorders.



*Blue Cross Blue Shield Association, COVID-19 National Pulse Survey, 2020*

# IMPROVING MENTAL WELL-BEING, FOR THE HEALTH OF AMERICA.<sup>SM</sup>

Find out how we're addressing behavioral health, [www.bcbs.com/coronavirusupdates](http://www.bcbs.com/coronavirusupdates)

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Data sourced from Blue Cross Blue Shield Association, COVID-19 National Pulse Survey (2020) and the Blue Cross Blue Shield Health Index.