

mindset by **one medical**

Integrated care for the body and mind



While 1 in 4 Americans face mental health challenges, most don't receive any professional help or end up with disjointed, ineffective, and overly expensive treatment. That's where Mindset by One Medical comes in. We've integrated evidence-based behavioral health solutions into our primary care to help identify issues early and guide members with mental health issues big and small to the best care for their needs.

We offer mental health services that are fully integrated into our primary care:



Mental Health Visit

Book a remote Mental Health Visit so you can talk to your primary care provider (PCP) from the comfort of your home. They'll listen to what's going on and help you make a plan to feel better emotionally.



Help Finding Specialists

Your PCP can help guide your mental health, giving direction about when and where to get specialty care, like a psychotherapist or psychiatrist.



Prescriptions

Your PCP can discuss whether medication might be right for you. If you're already on medications, we want to know so we can best coordinate care.



Remote Group Visits

Led over video and available in most markets, this group workshop series combines education, skill-building, and community support to help you learn how to manage stress and anxiety.

One Medical is your healthcare home base

All of our primary care providers can help with mental health concerns and work with you on a plan that fits your needs and lifestyle, in our offices or over video. Our team can screen, diagnose, and treat everything from day-to-day stress to chronic conditions. A One Medical primary care provider serves as your first touchpoint — ruling out physical issues, helping develop a plan of action, and guiding them to the right kind of specialty care when needed.

83%

of members who come in for a visit are screened for depression and receive follow-up

Some things we can help with:

- Anxiety
- Stress management
- Depression or feeling sad
- Insomnia
- Grief and survivorship
- Agitation, irritability, or frustrated mood
- Attention deficit disorder
- Loneliness
- Relationship problems
- Substance abuse
- Trouble focusing or winding down

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Activate your sponsored membership today to learn more about mental health with One Medical

Sign up now at onemedical.com/mybenefit

