

# Mental health care that addresses all of you

Goodpath whole-person care is complete treatment for wherever you are in your mental health journey. It's all offered for free for MAPFRE employees and adult dependents.

**No waiting. No copays. And 100% confidential from your employer.**



## EVERY MEMBER GETS

- › Expertise from robust medical team spanning **20+ disciplines** that create a personalized plan
- › **Dedicated health coach** to support every step
- › **1:1 Therapist**
- › **Customized** digital exercises
- › **Monthly shipment** of personal treatments

## WHICH MEANS GOODPATH CAN ADDRESS YOUR MENTAL HEALTH ISSUE

- ✓ Burnout
- ✓ Anxiety
- ✓ Depression
- ✓ Bipolar disorder
- ✓ Traumatic-stressor
- ✓ Borderline personality disorder
- ✓ Substance use
- ✓ Eating disorder
- ✓ Non-suicidal self-injury
- ✓ Subclinical presentations
- ✓ Sexual minority stress
- ✓ Relationships

# 82%

OF MEMBERS WITH **ANXIETY** IMPROVE THEIR SYMPTOMS

# 81%

OF MEMBERS WITH **DEPRESSION** IMPROVE THEIR SYMPTOMS

Anxiety dropped from moderate to normal

Feelings of burnout? Gone.



Get started with a short health assessment

**goodpath.com/MAPFRE**

