



Telligen[®]

Health & Well-Being

Behavioral Health Solutions

Healthy Mind. Healthy Individuals.

Everyone faces challenges in their daily life that can impact their mental health. Research shows mental health issues impact physical health, specifically for those with chronic conditions. A strong social support system improves overall mental health and the ability to recover from stressful situations.

Given this and the additional stressors brought on by national health and civic issues, Telligen has enhanced our suite of Behavioral Health product offerings. Our offerings are in accordance with best practice and national guidelines, and are informed by our experience with other patient populations. A brief description of our offerings are below. We welcome the opportunity to discuss how the addition of these services may improve the overall health of your members and the productivity of your workforce.



“Fewer than half of the adults in the U.S. who experience mental illness get the help they need.”

National Alliance on Mental Illness (NAMI)

Telligen Behavioral Health Solutions



Stress & Anxiety Management

Our certified health coaches help individuals learn how to manage stress and anxiety and promote behavioral change.



Depression & Anxiety Condition Coaching

Our certified health coaches cultivate positive change and progress for members suffering from depression and/or anxiety.



Utilization Review

We ensure members get the right medical care at the right time and in the right setting by evaluating healthcare services for medical necessity, appropriateness, and efficiency of use.



Case Management

Our case managers coordinate high-need behavioral health conditions through direct engagement with your members, their families and/or caregivers, and providers.

For more information, contact Anthony Schaner (Director Account Management)



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