

E-Psych Today™ & The Behavioral Health Survey

Who is E-Psych Today?

E-Psych Today (“EPT”) is a telehealth company that provides virtual treatment options for their subscribers.

What Does E-Psych Today Offer?

A number of tools to improve Telehealth, but primarily a Computer Generated Behavioral Health Survey.

Why is this Telemental Health Survey Offered?

Most mental health profiles detect one condition at a time, typically just depression. This single-condition approach can result in under-recognition and misdiagnosis of other common conditions. NIMH has endorsed a more multi-dimensional approach to mental health suggesting that symptoms from across a range of common diagnostic categories should be assessed. The EPT approach utilizes a multi-dimensional assessment tool. It tracks FIVE of the most prevalent issues producing quantifiable results for PTSD, Bipolar, Depression, Anxiety, and Addiction. This survey is clinically validated, has Medicare/Medicaid approval, and is NCQA certified.

Who Takes the Survey?

The survey is approved for all English and Spanish speaking patients.

How Does the Survey Work?

1. Once patient data is entered into the EPT system, log-in information is generated.
2. The patient then answers the 27-question survey on an EPT provided tablet and the test is completed.
3. The test can be taken at home, office, clinic or retirement setting and only takes 10 minutes.
4. A detailed graphic and narrative report is generated and the results are immediately available.
5. The survey can be completed several times during the year to assess patient progress.

How Does the Survey Benefit a Practice? (Practice = Nursing Homes, Hospitals, Clinics, Out-Patient Practices)

1. Utilizing the survey periodically will provide a longitudinal view of a patient’s mental well-being and when combined with patient’s medical data, will take patient care to another level.
2. The Practice bills and gets reimbursed from Medicare/Medicaid or Commercial Insurance for each survey administered, then pays EPT a significantly lower amount for each survey.
3. A more robust healthcare model is created while generating **A NEW REVENUE STREAM** for the practice.

By administering this survey, it is the goal of EPT to:

1. Provide better mental health care to patients.
2. Offer quantifiable data to assist in better understanding the mental health of patients.
3. Provide integration of medical and mental health data for a holistic picture.
4. Reduce overall insurance costs via early identification of problems resulting in early intervention.
5. Provide a new revenue stream to Practices.

In Summary, the Behavioral Health Survey

- Is **SIMPLE** for patients to take
- Is **EASY** to administer
- Is **CONVENIENT** and **BENEFICIAL** for patients
- **PRODUCES** measurable results

- **GENERATES** a new revenue stream for practices

This is all accomplished with zero cash outlay and no additional personnel requirements from the practice.

A sample result for a fictional patient follows...

- Home
- View all patients
- Reports
- Educational Materials
- Care Plans
- Administrative

Patient Assessment

[Clinician PDF](#)
[Patient PDF](#)
[Schedule Next Assessment](#)

Progress

Last 12 Months | Last 6 Months | Last 5 | All

Date	Score
09/17	48
01/18	31

Depression

Date	Score
09/17	14
01/18	9

Anxiety

Date	Score
09/17	24
01/18	13

Current

GEORGE SCHOTT

OVERALL DX RISK: Low
M3 SCORE: 31 (Scale 0 to 108)

E-mail : geschott321@gmail.com | DOB : 09/25/1981 | Age : 36 | Gender : M
 Clinician : Steve Lower | MPI : 6977 | PIN : 1444

DIAGNOSIS RISK & SYMPTOM SEVERITY

Date: 01/04/2018

Dimension	DX Risk	Symptom Severity
Depression	Unlikely	9 (Mild, Scale 0-28)
Bipolar	Unlikely	5 (Mild, Scale 0-16)
Anxiety	Unlikely	13 (Mild, Scale 0-48)
PTSD	Unlikely	4 (Mild, Scale 0-16)

Please confirm any family history of bipolar disorder (or "Manic-Depression").

M3 GATEWAY

Date: 01/04/2018

	None of the time	Rarely	Sometimes	Often	Most of the time
Thoughts of Suicide					●
Impairs work/school		●			
Impairs family/friends		●			
Led to using alcohol		●			
Led to using drugs		●			

Negative impairment ← → Positive impairment

SI SUPPLEMENTAL

Date: 01/04/2018

Thoughts of hurting yourself	NO
Thoughts of how you might hurt yourself	NO
Have you ever purposely harmed yourself	NO

FAMILY HISTORY

NO Mental Illness | Unknown Substance Abuse

RECENT M3 ASSESSMENTS

[View All](#)

Date	M3 Score*	Symptom Severity Subscores

SIDE EFFECTS

[Add New](#)

Gastrointestinal	No Data Available
Sexual Dysfunction	
Weight/Appetite Change	
Headache	
Sleep Disturbance/Daytime Drowsiness	
Restlessness	


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Your responses have been analyzed and compared to the responses of other individuals with and without mood and anxiety disorders. What you will find below is an assessment of your risk for Depression, an Anxiety Disorder, Bipolar Disorder, and Post Traumatic Stress Disorder.




Read over your results carefully. Where it is appropriate, the M3 recommends that you pursue a further discussion of your results with a physician or mental health provider. Mood and anxiety disorders can affect not only your general sense of well being but your physical health as well, increasing the risk or severity of heart disease, stroke, diabetes, chronic pain and other chronic ailments.

The M3 Score

Scores of 33 or greater are above the desired range and may be of concern. Please read further below.

M3 Score	Your Results	Chance of Disorder	Description
31		Low	Your M3 Score is in the lower range as compared to individuals already known to be suffering from a mood or anxiety disorder. Despite this relatively low score, your symptoms may be impacting your life, livelihood, and general well being. Read closely the information and recommendations below concerning your risk of each of the four conditions described.

Your risk for the following disorders:

	Your Results	Your Risk	Description
Depression		Unlikely	It is unlikely you are suffering from depression at this time.
Anxiety		Unlikely	It is unlikely you are suffering from an anxiety disorder at this time.
PTSD		Unlikely	It is unlikely you are experiencing post traumatic stress disorder at this time.

For more information, please contact E-Psych Today at 866-421-8346 or e-mail – admin@epsychtoday.com

Thank you from the team at E-Psych Today.