

The Ties that Bind

Depression and Physical Health



Heart Disease

The severity of a cardiac event runs parallel with the severity of depression³



3 TIMES

After a heart attack, depression is three times more likely to occur⁴

1 IN 5

people with heart disease are challenged by depression²

Diabetes



\$3,000+

Average healthcare costs for employees with diabetes and depression are at least \$3,000 higher for those that do not seek treatment compared to those that do⁷

12%

of people with diabetes also have depression^{5,6}

Obesity

People who are obese are more likely to become depressed, and people with depression are more likely to become obese⁷



13%

Accounts for 13% of total private medical spending⁸

Did you know?

Employees with untreated mental health disorders like depression can struggle with physical, mental, and emotional impairments that may worsen over time and lead to other health issues¹.

With roughly 60 percent of the total cost of depression spent on treating comorbidities (more than one disease at a time), employers must understand they cannot address one without addressing the other.

Want more information about the broader impacts mental health has on your employee population and what you can do to help?



Watch for our upcoming whitepaper, *Lifting the Veil - Revelations on the Mental Health Crisis in America's Workforce* that offers actionable insights.

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