

OCTOBER



# Recuro Behavioral Health

## What's Included

- Virtual Psychiatry
- Virtual Therapy and Counseling
- Health Risk Assessment
- Integrated Prescriptions
- Integrated Lab Testing

## Conditions Treated

- ADHD / ADD
- Anger Management
- Anxiety
- Bipolar Disorder
- Sleeping Disorders
- PTSD / OCD
- Substance Abuse
- Depression / Stress
- Eating Disorders
- Grief & Loss



### How to get started:

Download the App: [www.bit.ly/recuroapp](http://www.bit.ly/recuroapp)  
Set an Appointment: [member.recurohealth.com](http://member.recurohealth.com)  
Questions: Call Us at [1-855-6RECURO](tel:1-855-6RECURO)

## Enhancing Mental Well-Being Through Companionship

### Discover how pets boost emotional health and complement virtual healthcare

Pets can have an incredible impact on our emotional and mental well-being. Studies have shown that pets not only reduce stress, anxiety, and depression but also ease loneliness, encourage exercise, and improve overall health. For instance, dog owners often have lower blood pressure and a reduced risk of heart disease. Simply playing with a dog can elevate oxytocin and dopamine levels, fostering positive feelings and a deep bond between the person and their pet. Caring for a pet encourages healthy lifestyle changes, mainly through increased physical activity and companionship. Pets, especially therapy dogs, provide invaluable companionship, helping to prevent the worsening of depression and giving individuals—especially seniors—a renewed sense of purpose.

In a time when nearly half of all Americans will face a behavioral health issue in their lifetime, the mental health benefits of pet ownership are more crucial than ever. Unfortunately, many people with mental illnesses still struggle to access timely care, leading to a delay in treatment that can exacerbate conditions like depression. While pet ownership is a powerful method of self-care, at-home solutions like Recuro Behavioral Health virtual services can also play a vital role in supporting mental health, ensuring that individuals receive the care they need when they need it most.

“My family never talked about mental health and wellness when I was growing up, but after experiencing grief and loss in my life, I knew it was time to seek help. Recuro Health has made it easy for me to address the trauma I’ve experienced in my life and show me a healthy way to cope. Therapy has been life-changing.”

**Patient | Richmond, VA**

## Reduce Anxiety & Blood Pressure

Studies show that pet ownership can decrease symptoms of anxiety and depression by up to 50%, thanks to the calming presence and unconditional love that pets provide. Regular interaction with pets, particularly dogs, is associated with lower blood pressure levels, reducing stress and promoting a sense of calm.

## Increased Physical Activity

Dog owners are 60% more likely to meet daily exercise requirements, which not only improves physical health but also boosts mood and reduces stress levels.

## Enhanced Social Interaction

Pet owners are 30% more likely to engage in social activities, fostering a sense of community and reducing feelings of loneliness and isolation.

## Improved Heart Health

The companionship of a pet is linked to a 36% reduction in the risk of developing heart disease, as pets help regulate emotions and encourage healthy lifestyle habits.

## Mental Health is Common

Over three quarters (76%) of U.S. workers reported at least one symptom of a mental health condition that would benefit from a behavioral health solution. Seeing a Mental Health professional in-person typically means waiting an average of 26 days before getting care, but with Recuro you only wait approx. 48 hours for an appointment. [1]

[1] <https://www.hhs.gov/about/news/2022/10/20/us-surgeon-general-releases-new-framework-mental-health-well-being-workplace.html>



## Schedule a virtual appointment with your Recuro Doctor to help treat common behavioral health issues from home

**Anxiety Disorders:** Affecting over 40 million adults (19.1% of the population) annually, anxiety disorders are the most common behavioral health issue. These include generalized anxiety disorder, panic disorder, and social anxiety disorder, with many people experiencing symptoms such as excessive worry, fear, and avoidance behaviors.

**Depression:** Major depressive disorder impacts approximately 21 million adults (8.4% of the U.S. population) each year. Depression is characterized by persistent sadness, loss of interest in activities, and a range of emotional and physical problems, making it one of the leading causes of disability.

**Substance Use Disorders:** Nearly 20 million Americans aged 12 and older (7.4% of the population) struggle with a substance use disorder each year. This category includes dependence on alcohol, prescription drugs, and illicit substances, often co-occurring with other mental health conditions.

**Post-Traumatic Stress Disorder (PTSD):** Around 6% of the U.S. population will experience PTSD at some point in their lives, with 3.6% of adults (roughly 12 million people) affected annually. PTSD is triggered by experiencing or witnessing traumatic events, leading to symptoms such as flashbacks, severe anxiety, and intrusive thoughts.



## Scan the QR Code to Access Your Benefits



If you have any questions, please feel free to send Recuro Health an email at [memberservices@recurohealth.com](mailto:memberservices@recurohealth.com). You may also call us 24/7 at 855-6RECURO (855-673-2876). To schedule an appointment, visit [member.recurohealth.com](https://member.recurohealth.com)