

COVID-19 HEALTH CLAIM TRENDS IN CANADA

EXPRESS SCRIPTS CANADA



ANTIDEPRESSANT USE SURGES WITH SEASONAL DEPRESSION AND COVID-19 STRESSES

Our data reveals how pandemic's second wave is impacting mental health

AN EMOTIONAL ROLLER COASTER RIDE

Increase in claimants for antidepressants 2019 vs. 2020



Claims spike in emotionally challenging weeks



12%
Back to school



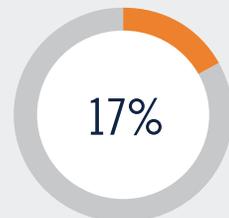
20%
Thanksgiving

Following a lull during the summer reopening phase, THE VOLUME AND VALUE OF CLAIMS ROSE between September and mid-November compared to the same periods in 2019.

Women and younger adults most affected



more women than men claimed for antidepressants during back-to-school and Thanksgiving weeks



year-over-year increase in claimants aged 35 and younger during second wave

FACTORS DRIVING ANTIDEPRESSANT CLAIMS VOLUMES



COVID-19 stress¹

40% of a CMHA survey respondents said their mental health has deteriorated since the COVID-19 outbreak began.

61% of respondents with a pre-existing mental health condition reported mental health deterioration since COVID-19 began.



Sources of COVID-19 anxiety²

17% wonder when the pandemic will end/how bad it will get.

16% affected by social isolation/being unable to socialize/see friends and family.

15% worry about their family's health and safety.



Seasonal depression³

3% of Canadians will experience Seasonal Affective Disorder (SAD) in their lifetime.

15% more will experience a milder form of SAD.

10% of depression cases involve people with SAD.



Medication adherence⁴

38% of Express Scripts Canada members with depression are nonadherent.

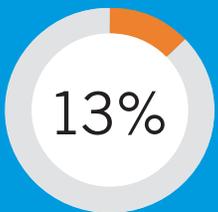


Employee Assistance Programs – heightened awareness

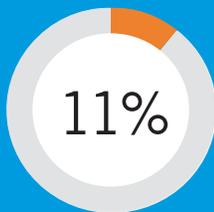
53% of employers that participated in a September 2020 Willis Towers Watson survey said they are enhancing wellbeing programs, and 60% said they expect to prioritize mental health services and stress management.⁵

34% of respondents to a Morneau Shepell survey said employer's mental-health supports were inconsistent or poor.⁶

BOTTOM LINE: CLAIMS VOLUMES & VALUES UP



INCREASE
IN CLAIM
VALUES



INCREASE
IN CLAIM
VOLUME

WHAT CAN EMPLOYERS DO?

ADOPT A HOLISTIC APPROACH to employee wellbeing

DEMONSTRATE EMPATHY for employees

GET STAFF HELP to cope with COVID-19 stress and seasonal depression



¹ <https://cmha.ca/wp-content/uploads/2020/12/CMHA-UBC-wave-2-Summary-of-Findings-FINAL-EN.pdf>

² <https://leger360.com/surveys/legers-weekly-survey-october-20-2020/>

³ <https://cmha.bc.ca/documents/seasonal-affective-disorder-2/>

⁴ [https://www.express-scripts.ca/sites/default/files/ESC%20DTR%202020%20EN%20\(final\).pdf](https://www.express-scripts.ca/sites/default/files/ESC%20DTR%202020%20EN%20(final).pdf)

⁵ <https://www.willistowerswatson.com/en-CA/News/2020/09/canadian-companies-move-to-enhance-health-care-and-wellbeing-despite-impact-of-rising-drug-costs>

⁶ <https://www.benefitscanada.com/news/addressing-the-role-of-the-workplace-in-mental-health-support-153042>