



Group Medicare Insights: Plan sponsor experience

Three ways plan sponsors can prioritize the mental health of retirees

Almost
1 in 3

retirees say they feel depressed—a rate higher than that of the entire adult population.¹

Around
14%

of adults aged 60 and over live with a mental disorder.²

Around
1/4

of suicide deaths were adults aged 60 and over in 2019.²

Given these startling statistics, how can plan sponsors ensure retirees get the help they need? By offering Group Medicare Advantage (GMA) plans. Here are just a few of the ways GMA helps support holistic wellness for plan members.



1

Access to online therapy

Not all older adults are comfortable discussing mental health issues. Virtual visits with a therapist may be offered in a GMA plan's network, making it easier to access care.

2

An important review of medications

Some medications, when combined, can have an adverse impact on mental health. Medication Therapy Management offers a one-on-one review of an individual's medications with a pharmacist or other trained healthcare provider.

3

Annual wellness visit

GMA plans may include a Medicare Annual Wellness Visit with a primary care provider. This can ensure retirees receive a depression screening once per year—an excellent way to identify mental health risks early before they escalate.

Now more than ever, plan sponsors can help retirees maximize their benefits for improved mental health.

Three ways plan sponsors can prioritize the mental health of retirees

1. Stephanie Watson, “The Emotional Shock of Retirement,” WebMD, last accessed May 19, 2025, <https://www.webmd.com/healthy-aging/features/emotional-shock-retirement>.
2. “Mental Health of Older Adults,” World Health Organization, last accessed May 19, 2025, <https://www.who.int/news-room/fact-sheets/detail/mental-health-of-older-adults/>.

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