

## Agreement 7: Mental Health Integrated Care Contract

**Parties:** BehavioralHealth Solutions and Nordic Healthcare Cooperative Country: Sweden  
**Disease Area:** Major Depressive Disorder  
**Agreement Overview:** This comprehensive agreement addresses the significant economic and social burden of depression through an innovative integrated care model. Covering approximately 3,800 patients annually across the Nordic region, this contract combines pharmacological intervention with psychotherapy, digital solutions, and social support. The agreement specifically incentivizes functional recovery and return to work/social participation rather than simply symptom reduction.

### Financial Structure:

- Capitated payment: SEK 9,500 per patient per 6-month treatment period for comprehensive services
- Outcome measures:
  - 20% holdback (SEK 1,900) released only when PHQ-9 scores improve by  $\geq 50\%$  from baseline
  - 15% bonus (SEK 1,425) for patients maintaining employment or returning to work within 4 months
- Digital therapy component: SEK 2,800 per patient completing minimum 6 of 8 online CBT modules
- Risk adjustment: Payment increases for patients with comorbidities (anxiety, substance use, chronic pain)
- Shared financial risk: Provider assumes 30% of costs exceeding targets (with stop-loss provision)
- Social benefit offset: Government contributes SEK 3,500 per patient returning to workforce (saving disability payments)
- Stepped care incentive: SEK 1,200 bonus for appropriate treatment escalation within 4 weeks for non-responders
- Medication management: Pharmaceutical costs included in bundle with appropriate prescribing incentives

**Duration:** 3 years with annual reassessment of metrics and targets  
**Special Provisions:**

- Includes telepsychiatry services for expanded access (minimum 1:15 psychiatrist-to-patient ratio)
- Employer coordination program for workplace accommodations during recovery
- Crisis intervention services including 24/7 hotline access
- Caregiver support and education program
- Standardized measurement-based care protocols with regular assessment
- Collaborative care team model including case managers, psychiatric consultants, and primary care

- Relapse prevention program with 2-year monitoring after remission
- Specialized protocol for treatment-resistant depression cases