

Elevating Excellence: TimelyCare's Impact in 2023



2023 Set Records for Expanded Access to Care









Access to Care When It's Needed Most





to mental health



Average Wait Time for **TalkNow**

<5 minutes



Average Wait Time for **MedicalNow**

<8 minutes

Top Reasons Students Seek Support

Provider Visits

- **Anxiety**
- Stress
- Depression

Peer Community

- Relationships
- Depression
- Anxiety



TimelyCare was recognized for leadership, growth, innovation, and culture 19x this year

Self-Care Journeys Promote Healthy Habits



Anxiety

Stress



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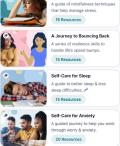


Healthy Relationships











Sleep



Resilience



Healthy Eating

Improved Well-Being Contributes to Student Success



75%

of students report mental health improvement, including 100% presenting as a suicide risk



3 out of 4

students say they are more likely to remain in classes, improve their grades, and graduate after using TimelyCare