

# The path to good mental health requires a quiet mind

General anxiety disorder (GAD) is one of the most common anxiety disorders in the US and is associated with a number of cardiovascular diseases as well as substance use disorders including alcoholism and drug addiction.<sup>1,2</sup> For health plans and self-insured employers this means higher healthcare costs, increased financial risk, and overutilization of healthcare services. Help your members break this cycle of anxiety, disease burden and risky behavior. Provide an early intervention to protect their health and reduce future preventable healthcare costs.

Daylight<sup>®</sup> is an interactive therapy that retrains the brain using cognitive behavioral therapy (CBT) techniques delivered through digital-based sessions. Designed by our industry-leading CBT therapists, Daylight<sup>®</sup> delivers a treatment formulation for each person's unique needs that can be delivered 24/7 on any mobile device and teaches CBT techniques including:

- Applied Relaxation
- Cognitive Restructuring
- Stimulus Control
- Imaginal Exposure

Members with GAD have **61% higher** healthcare costs<sup>3</sup>

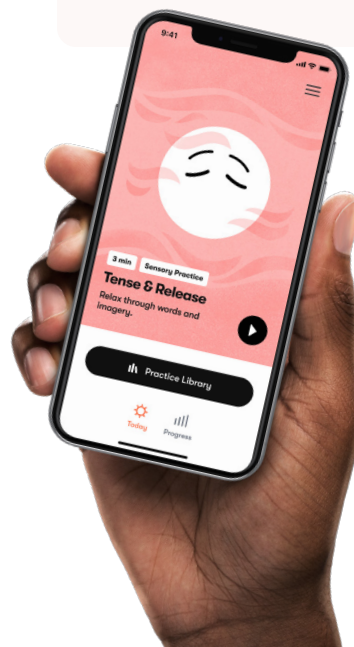
**61%**

**90%** of members diagnosed with GAD have **at least one** psychiatric comorbidity<sup>4</sup>

**90%**

Anxiety is associated with a **41% higher** risk of cardiovascular mortality and coronary heart disease, a **71% higher** risk of stroke, and a **35% higher** risk of heart failure<sup>2</sup>

**41%**



Exceptional member experience

**5/5**



rating<sup>5</sup>

**Big Health**

# Demonstrable Results - A Case Study

**Collaborators:** Dr. Michael Darden,  
Associate Professor of Economics,  
Johns Hopkins University

**Population:** Fortune 50 employees

**Sample:** 410 Daylight users and  
8,323 non-users

**Duration:** 24 Months

Daylight® is a clinical-grade digital therapeutic that has been rigorously studied for safety and efficacy. In our controlled clinical trials, people who used Daylight® experienced significant decreases in anxiety within 3 weeks, and after 10 weeks, 71% achieved clinical improvement in anxiety.<sup>7</sup> By providing access to early mental health interventions and reaching those members who have traditionally been hard to reach, you can save on future healthcare costs and promote better outcomes in your population.

## Results<sup>6</sup>

83%

Reduced  
inpatient claims<sup>6</sup>

45%

Reduced mental  
health claims<sup>6</sup>

24%

Reduced ED  
claims<sup>6</sup>

\$1,032

total health care cost savings  
per Daylight user, per year<sup>6</sup>

27%

lower annual health care costs  
per Daylight user<sup>6</sup>

Daylight is available as an adjunct to usual medical care for generalized anxiety disorder for adults ages 18 and older, without FDA review under their [COVID-19 policy](#).

1. Back, S. E., & Brady, K. T. (2008). Anxiety Disorders with Comorbid Substance Use Disorders: Diagnostic and Treatment Considerations. *Psychiatric annals*, 38(11), 724–729. <https://doi.org/10.3928/00485713-20081101-01> 2. Reiner, I.C., Tibubos, A.N., Werner, A.M. et al. The association of chronic anxiousness with cardiovascular disease and mortality in the community: results from the Gutenberg Health Study. *Sci Rep* 10, 12436 (2020). <https://doi.org/10.1038/s41598-020-69427-8> 3. Revicki, D. A., Travers, K., Wyrwich, K. W., Svedsäter, H., Locklear, J., Matterna, M. S., Sheehan, D. V., & Montgomery, S. (2012). Humanistic and economic burden of generalized anxiety disorder in North America and Europe. *Journal of affective disorders*, 140(2), 103–112. <https://doi.org/10.1016/j.jad.2011.11.014> 4. David Nutt, Spiros Argyropoulos, Sean Hood, John Potokar, Generalized anxiety disorder: A comorbid disease, *European Neuropsychopharmacology*, Volume 16, Supplement 2, 2006, Pages S109-S118, ISSN 0924-977X, <https://doi.org/10.1016/j.euroneuro.2006.04.003> 5. Rating: Daylight 5.0 stars in the Apple App Store as of July 2022 6. Darden, M., Miller, C.B., Waxmonsky, J., Bhuiyan, N. Daylight in a large Fortune 50 workforce: a health care cost evaluation. *Big Health*, published August 2022. 7. Carl, J. R., Miller, C. B., Henry, A. L., Davis, M. L., Stott, R., Smits, J. A., ... & Espie, C. A. (2020). Efficacy of digital cognitive behavioral therapy for moderate-to-severe symptoms of generalized anxiety disorder: A randomized controlled trial. *Depression and anxiety*, 37(12), 1168-1178. <https://doi.org/10.1002/da.23079> | DOC-1807 Effective Sept 2022