

DIGITAL BEHAVIORAL HEALTH



THE ANIMO SUITE STRENGTHENS MENTAL
 HEALTH AND EMOTIONAL FITNESS

WHAT IS cCBT?

Cognitive behavioral therapy, or CBT, is a therapeutic approach that helps people manage problems like anxiety, depression and stress in a results-oriented manner by breaking the concern(s) down into smaller parts and addressing them individually. Unlike other therapy-based treatment methods, CBT deals with current problems, rather than focusing on issues from the past, and provides practical methods to improve a participant's state of mind.

cCBT, or **computerized** cognitive behavioral therapy, is a dynamic, technology-driven approach to CBT that allows users to develop skills and competencies that have a positive impact on their health, wellbeing and productivity.

Animo is a digital behavioral health solution that provides users with evidence-based content, practical resources and daily inspiration to foster meaningful and lasting behavioral change. The platform, which is based on the underlying principles of computerized cognitive behavioral therapy (cCBT) and accessible via web or mobile, drives a measurable improvement in mental health and overall wellbeing.

Animo offers two distinct plan design options for employers, associations and strategic partners: Core and Enhanced.



CORE

The Core plan design includes access to the Animo web and mobile portal, allowing users to address stress, depression, anxiety and other concerns.



ENHANCED

The Enhanced option includes the Core web and mobile portal, as well as synchronous chat and phone coaching from licensed mental health counselors.

MODULES AND COURSES

- Anger Management
- General Depression
- Low Self-Esteem
- Mindfulness
- Opioids and Chronic Pain
- Panic
- Perfectionism
- Phobias
- Sleep Hygiene
- Social Anxiety
- Stress Management
- Trauma and Abuse
- Worry