



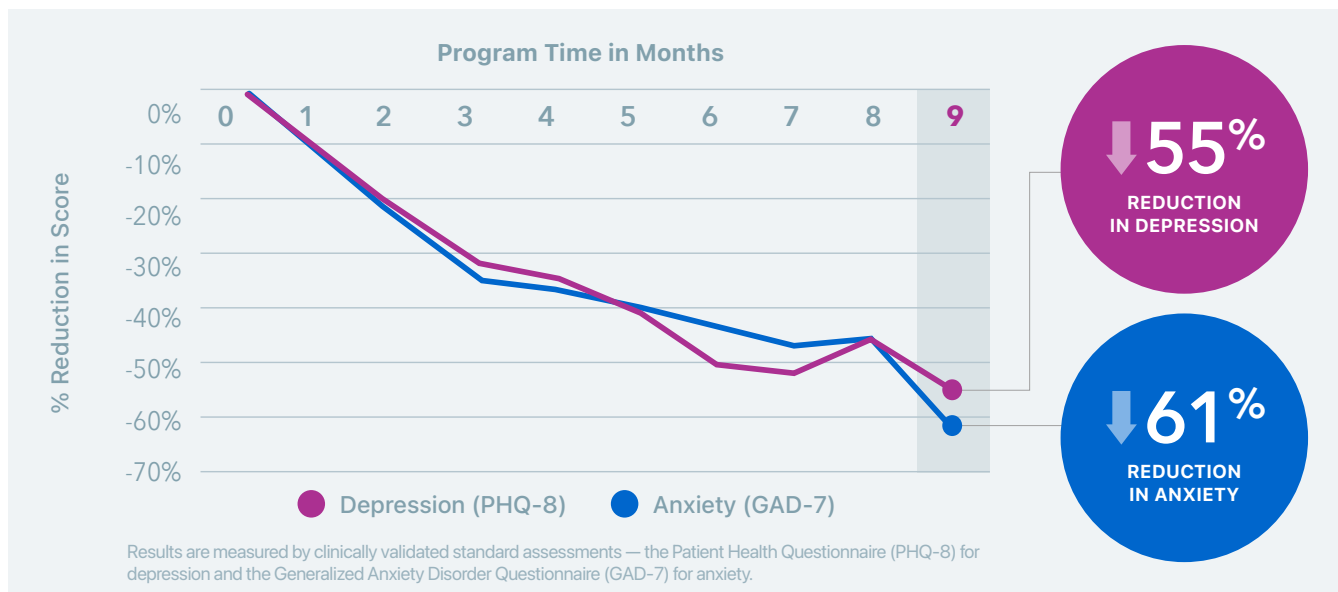
Peer-reviewed publication in JMIR shows digital therapy drives clinically meaningful mental health improvements

Demand for mental health care is erupting across the United States. Digital care innovations can meet this rising need, driving health improvements and associated cost savings while making mental health care more easily accessible than ever before.



Vida Mental Health provides a comprehensive set of digital mental health programs designed to meet the diverse needs of entire employee and health plan populations, removing many of the access issues and proven to quickly and sustainably improve mental health.

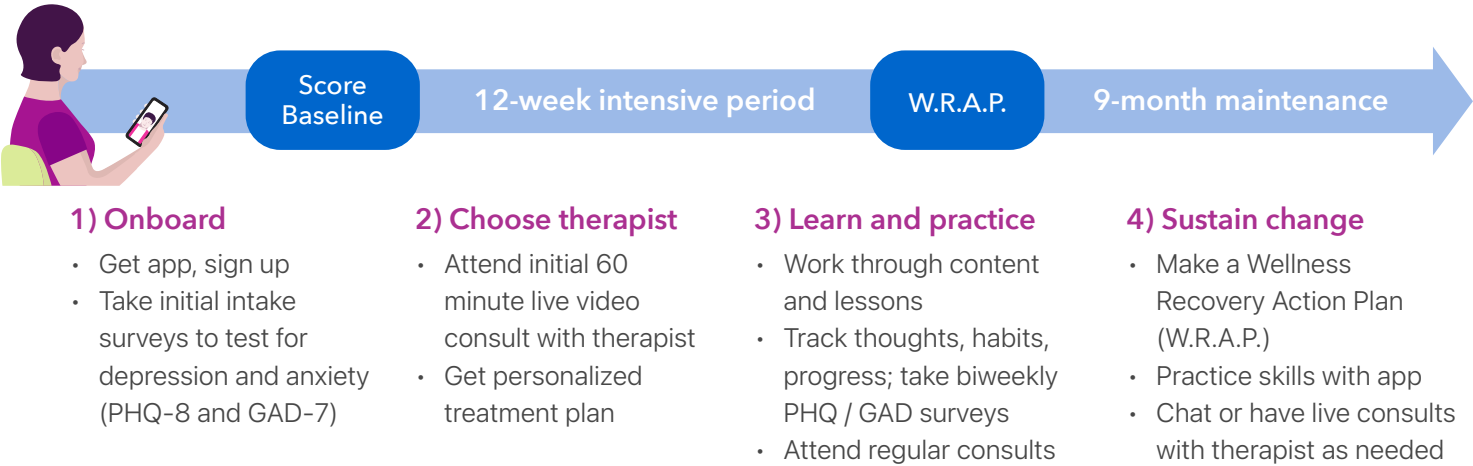
Significant long-term reductions in depression and anxiety



Patients with mild to moderate depression or anxiety used Vida's app-based, therapist-supported Cognitive Behavior Therapy (CBT) program for 1 year. **Within 6 months, patients experienced average reductions in depression and anxiety of more than 40%** and sustained improvements through month 9. The Journal of Medical Internet Research (JMIR) Mental Health published the peer-reviewed results on August XX, 2020

Vida Mental Health JMIR study patients engaged with personalized CBT-based content and live therapist sessions

Over the course of 3 years, 146 participants enrolled in Vida's year-long, app-based Mental Health program, which combines live therapy with personalized lessons and exercises grounded in Cognitive Behavioral Therapy (CBT)-- the most evidence-based form of psychotherapy.



High engagement predicts better outcomes

Patients who engaged more through the below activities experienced greater average reductions in depression and anxiety than those who engaged less. In 12 weeks, patients completed on average:

6
PHQ/GAD
Surveys

5
Live Therapist
Consults

21
Lessons &
Activities

Biweekly PHQ-8 / GAD-7 Measures progress

Licensed therapists lead consults + chats

Personalized Lessons teach skills

Thought trackers & other activities help practice