

An Integrated Approach To Mental Health

SHORTER TIME TO TREATMENT, LOWER COSTS & BETTER CLINICAL OUTCOMES

Holistic health care is about whole people. That's why Galileo's digital medical practice provides integrated, longitudinal care—for the body and the mind.

Our integrated approach to mental health begins with 24/7 access to Galileo-employed primary care providers who evaluate both physical and behavioral health needs, all through the Galileo app. An employee may come to Galileo with a physical issue such as chronic stomach pain, back pain, or migraines, and our providers will conduct a 360-degree evaluation to ensure underlying mental health needs are addressed too.



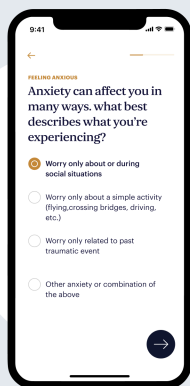
It starts with provider training and member screening

Every Galileo PCP is trained to screen for and treat low-to-medium acuity behavioral health issues like stress, anxiety and depression and authorized to prescribe non-controlled substances. Our PCPs are supported by staff psychiatrists and therapists trained to help patients with higher-acuity needs. Together, the PCP and mental health specialists provide a coordinated care plan based on a comprehensive evaluation of the member's physical, mental, social and environmental (SDOH) needs. This team-based approach ultimately delivers a higher quality, more efficient, and lower cost strategy to drive long-term clinical outcomes.

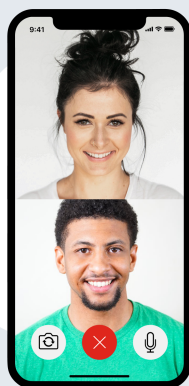
In the instances when brick-and-mortar specialty referral is needed, we support warm transfers to preferred networks. Our care navigators and advocates are available around the clock to help find appointments, resolve billing issues and coordinate care. We will also recommend an employer's existing mental health point solution when available.

Patient journey to improved mental health

SELF-GUIDED INTAKE



DIAGNOSTIC ASSESSMENT



TREATMENT PLAN

Self-Directed

Content Program

In-Network Referrals

1:1 Tailored Coaching

1:1 Tailored Therapy

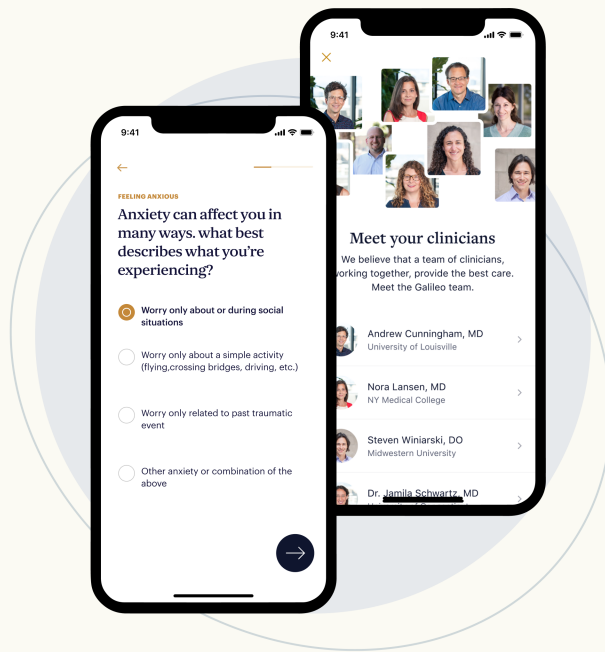
+/- Medication

Flexible mental health solutions to meet your program needs

Galileo also offers supplemental therapy and coaching from our in-house team. The PCP, therapist and/or coach, and psychiatrist collaborate on an integrated treatment plan.

Galileo's approach to therapy and coaching is evidence-based and programmatic, not open-ended and continuous. We provide structured pathways with systematic checkpoints via 1:1 video sessions, text-based care, and in-app assessments to help patients achieve their mental health and wellbeing goals.

Galileo's spectrum of mental health services are ideal for employers who are interested in reducing the friction of many digital health point solutions, struggling to control costs, and seeking outcomes through a proven integrated primary and mental health care model.



Integrated Mental Healthcare	Therapy and Coaching
<ul style="list-style-type: none">✓ Screening (GAD-7/PHQ-9)✓ PCPs treat stress, anxiety, depression✓ Refer to brick-and-mortar, in-network therapists/specialists✓ Medication management (supported by Psychiatrist)✓ Supports 80% of mild-to-moderate cases	<ul style="list-style-type: none">✓ 1 intake and up to 6 video sessions per year with a Therapist or Coach on the Galileo app✓ Evidence-based CBT skills program over a 7-week period✓ No extra cost to employee
Included	Supplemental add-on

RESULTS

Galileo's Therapy and Coaching Program

Our integrated approach, with the additional layer of therapy and coaching, results in higher quality behavioral health care at a more affordable price for both employer and employee. Coordinated, holistic care in the same app leads to a simpler and less fragmented employee experience.

100 NPS

Members recommend Galileo therapy & coaching

90%

patients with clinically significant improvement in 6 weeks

12 hours

Average time to mental health treatment plan (compared to the national average of ~6 weeks)

50%

Average PHQ-9 score reduction (4 points)