Proven mental health outcomes that last

Unmet need for mental healthcare is erupting across the United States. Individuals and organizations need both cost-effective access to care and high-quality outcomes. Digital care innovations make real mental health outcomes more accessible than ever before.

Vida Mental Health provides a comprehensive set of digital mental health programs

- Sleep
- Resilience
- Stress Management
- Therapy (Anxiety & Depression)
- Care Navigation

Vida Mental Health programs (Healthcare Industry Average = 2)

- **Alliance:** 95% of members report a therapeutic alliance with their Vida Mental Health provider¹
- **Retention:** 85% of members who complete at least one consult remain engaged at month 6
- **Net Promoter Score (NPS):** 71

*Source: (April 2020) Vida Book of Business Data*

Results are measured by clinically validated standard assessments — the Patient Health Questionnaire (PHQ-9) for depression and the Generalized Anxiety Disorder Questionnaire (GAD-7) for anxiety.
Patients on Vida Mental Health engage with the highest quality therapists and health coaches from Vida’s nationwide network of licensed providers. Patients receive treatment and engage with personalized content grounded in Cognitive Behavioral Therapy (CBT) — the most researched form of psychotherapy.

1) Onboard
- Get app, sign up
- Take initial clinically validated surveys measuring depression (PHQ-8), anxiety (GAD-7), and stress (PSS-10)

2) Choose therapist
- Attend initial 60 minute live video session with provider
- Get personalized treatment plan

3) Learn and practice
- Work through content and lessons
- Track thoughts, habits, progress; take biweekly PHQ / GAD / PSS surveys
- Attend regular live sessions

4) Sustain change
- Make a Wellness Recovery Action Plan (W.R.A.P.)
- Practice skills with app
- Chat or have live sessions with provider as needed

High engagement drives strong outcomes
In 3 months, on average, patients completed:

200 App Opens
39 Chat Messages
31 Lessons & Activities

Biweekly PHQ-8 / GAD-7 Measures progress
Licensed therapists lead consults + chats
Personalized Lessons teach skills
Thought trackers & other activities help practice

Partner with Vida today: sales@vida.com
vidahealth.com/enterprise