

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

Sub-Clinical

Clinical

Severe / Complex / Other

Vida Health Coaches

Vida Therapists

Vida Care Navigators

Significant mental health improvements across Vida's book of business

Patients in Vida's subclinical Mindfulness-Based Stress Management program and in Vida's therapist-led programs for clinical depression and anxiety saw rapid and sustained average improvements in mental health.



Stress

↓55%
in 10 months



Depression

↓60%
in 6 months



Anxiety

↓58%
in 6 months

80%

OF PATIENTS

reduced scores
from baseline
by month 10

Alliance
95%

of members report a therapeutic alliance with their Vida Mental Health provider¹

Retention
85%

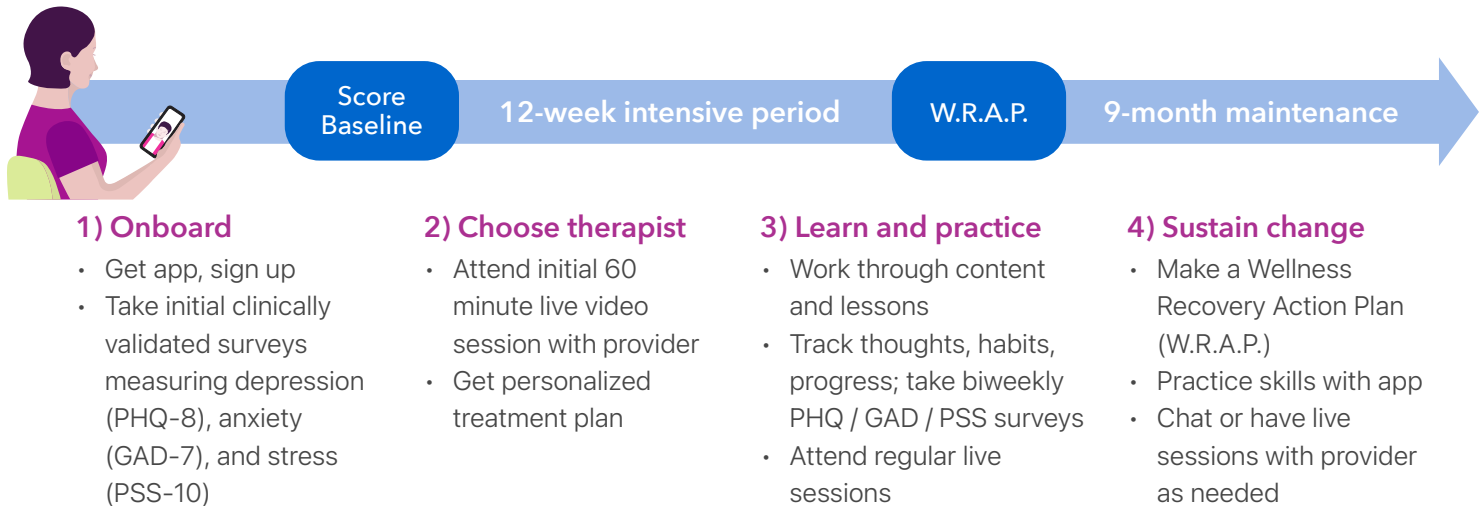
of members who complete at least one consult remain engaged at month 6

NPS
71

Net Promoter Score for Vida Mental Health programs (Healthcare Industry Average = 2)

Vida Mental Health patients engage with personalized, evidence-based content and live therapist sessions

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.



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