

# An Integrated Approach To Mental Health

## SHORTER TIME TO TREATMENT, LOWER COSTS AND 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. Providing integrated primary and mental health care is proven to improve access, enhance patient outcomes, reduce stigma, and lower health care costs.

### What's included in Galileo's mental health solution

**Primary-care led mental health care** - All primary care providers are trained in behavioral health and able to treat low to medium acuity issues such as stress and anxiety. This means that providers are more likely able to identify employees who may have an underlying mental health need. PCPs conduct 360-degree evaluations, screenings (GAD7/PHQ9/WHO5) and medication\* management (supported by a psychiatrist).

**Self-guided CBT skills program** - Offered through the app, Galileo's self-guided CBT skills program uses goal-oriented care plans and evidence-based techniques to tackle low to moderate levels of depression and anxiety symptoms. After an introduction to the program and a session in goal-setting with a coach, the patient continues the treatment track at their own pace without the guidance of a mental health professional.

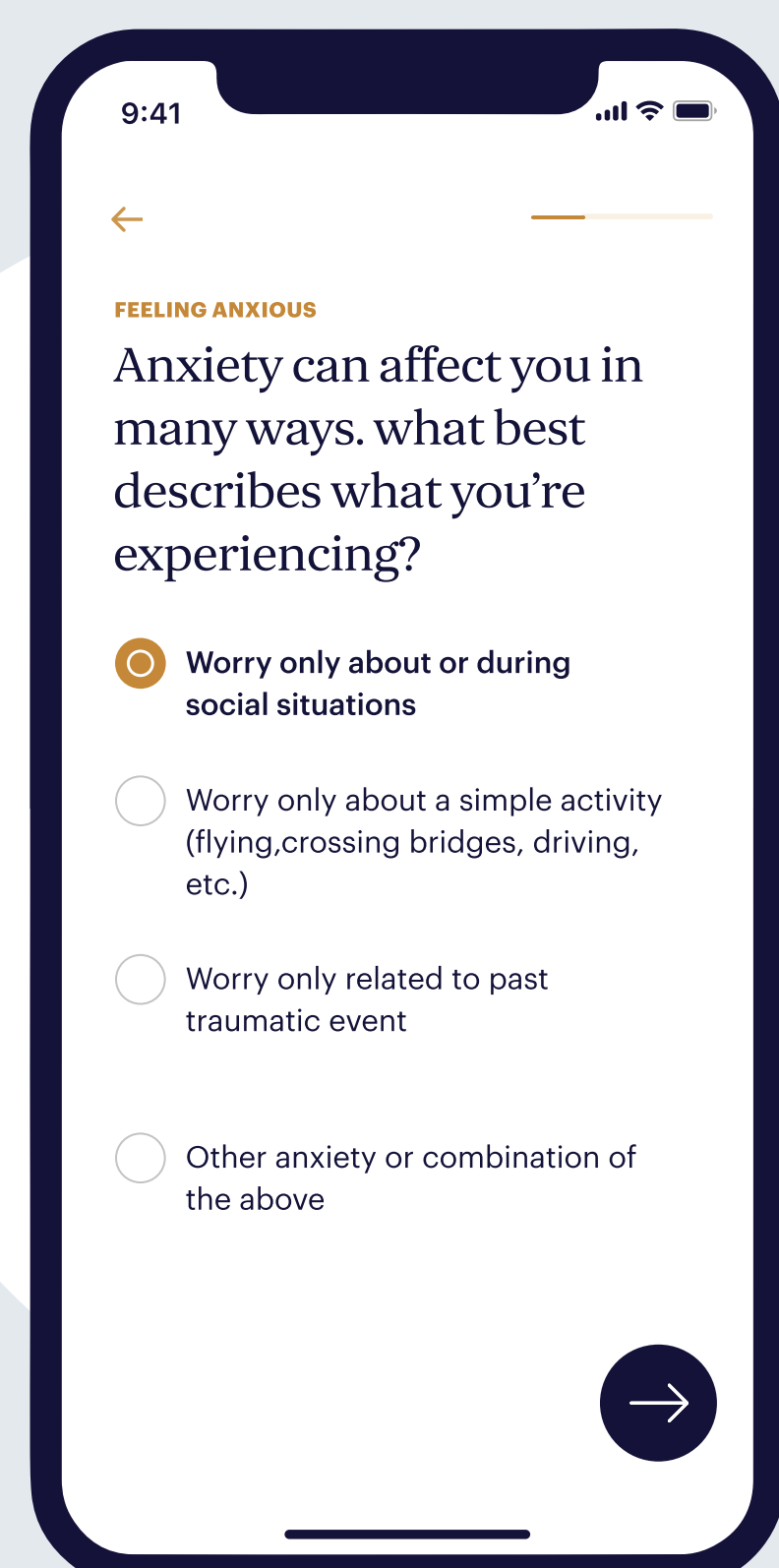
**Music-based therapy via Spiritune** - Through scientifically-created music tracks, Spiritune harnesses the power of music therapy and neuroscience to promote relaxation, reduce stress, boost focus, improve mood, sleep, and more.

**Virtual therapy and coaching** - Like the CBT skills program, Galileo's therapy and coaching program is also offered through the app, and employs similar care pathways to tackle root causes and symptoms, as well as help employees build durable skills.

**Referrals** - Galileo helps employees find mental health care providers and resources in their community, or within their existing benefits coverage. Galileo's navigation team can also help with securing appointments, a common pain point for employees in seeking mental health care.

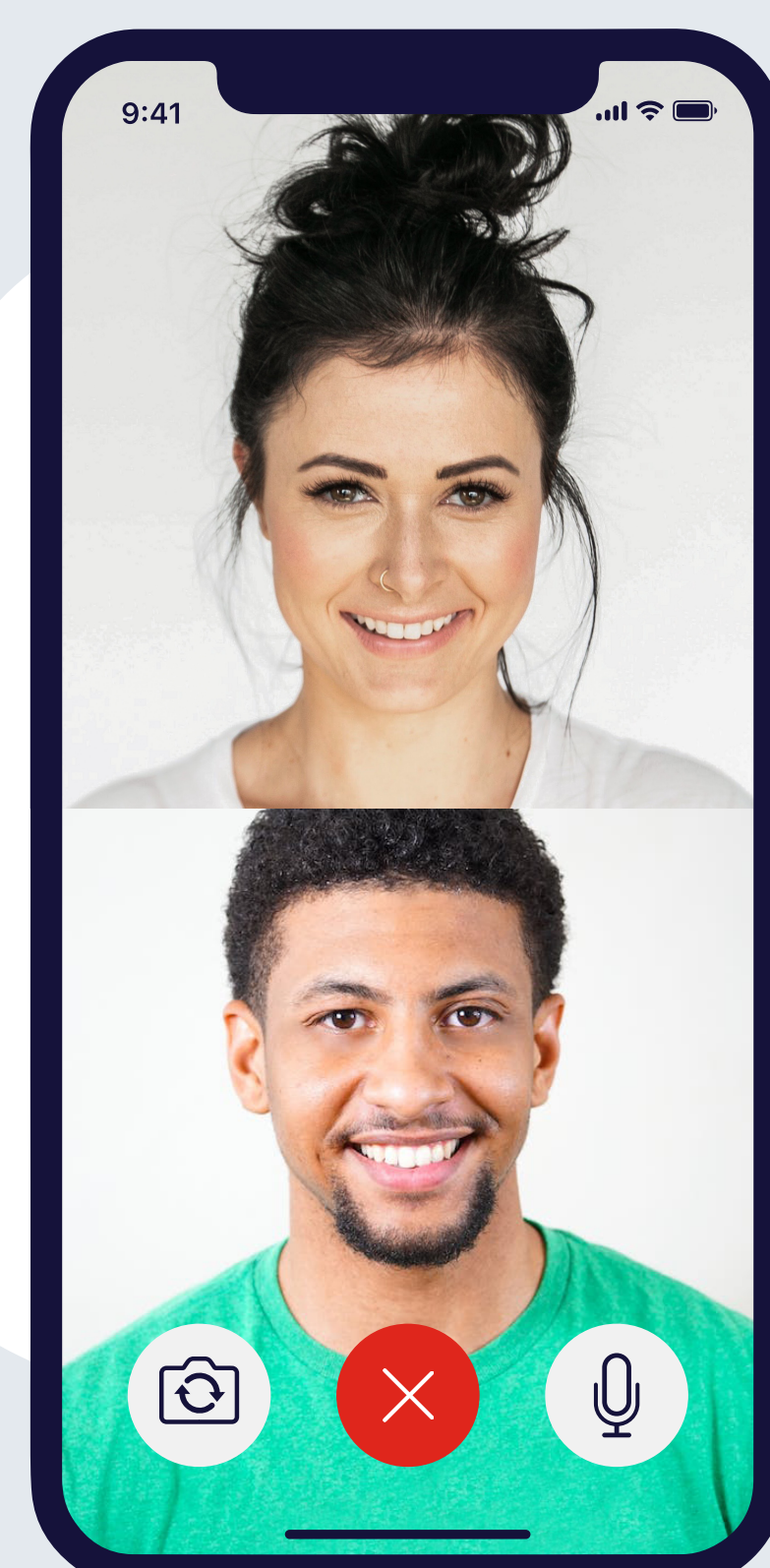
## Patient journey to improved mental health

### SELF-GUIDED INTAKE



### DIAGNOSTIC ASSESSMENT

GAD7 / PHQ9 / WHO5 Screenings



### TREATMENT PLAN

Self-guided CBT Skills Program with Check-Ins

Music-Based Therapy via Spiritune

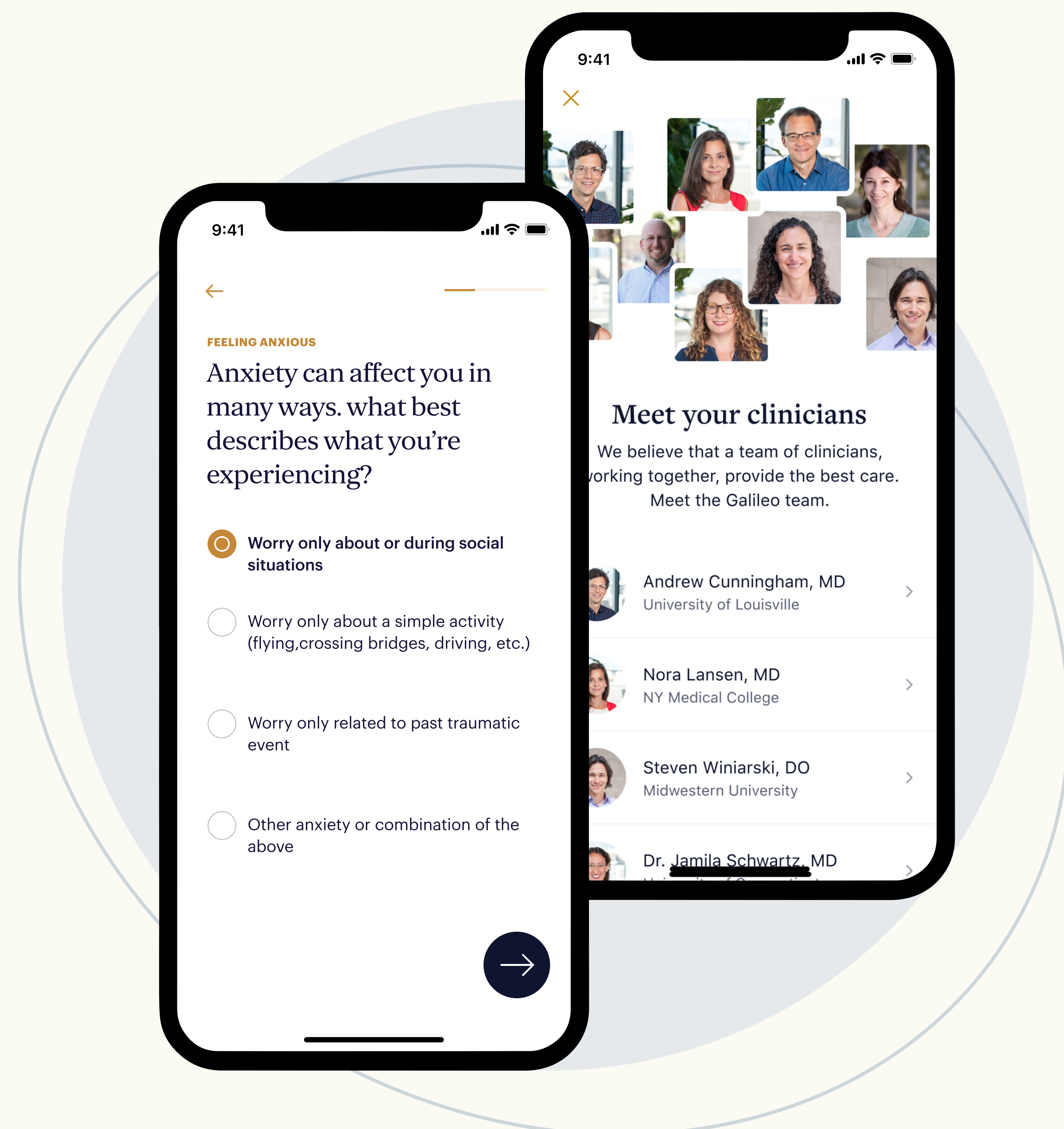
1:1 Therapy & Coaching

In-Network or Point Solution Referrals

+/- Medication Management

# Why Galileo's mental health solution is effective

By addressing mental health concerns alongside physical health in one integrated model, Galileo's mental health solution leads to better health outcomes, lower medical expenses, and improved productivity.



## Advanced provider training

Every Galileo PCP is trained to screen for and treat low to medium acuity mental health conditions like stress, anxiety, and depression, and can prescribe non-controlled substances.

## Team-based approach

Galileo's PCPs are supported by staff psychiatrists and therapists trained to help patients with higher-acuity needs. Together, the PCP and mental health specialists collaborate on an integrated treatment plan based on a comprehensive evaluation of the member's physical, mental, social and environmental (SDOH) needs.

## Evidence-based

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.

## Guided treatment plans and frequent check ins

Galileo's program includes multiple modalities (self-guided, scheduled video visits), to meet the needs of patients wherever they are. Providers check in frequently and assess at structured intervals to track progress and shift treatment plans when needed.

## RESULTS

Galileo's mental health care programs have reduced symptoms of anxiety and depression and improved overall well-being after 6 weeks (as measured by GAD7, PHQ9, and WHO5).

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 of 4 points