

Help Save Your Employees (and Your Company) Time and Money with Galileo's Integrated Primary + Behavioral Health Care Program

Galileo's integrated primary and behavioral health care model addresses mental health concerns alongside physical health concerns in one coordinated system, leading to better health outcomes, lower medical expenses, and improved productivity. Providing an integrated primary and behavioral health experience has proven to

- **Improve access to care:** Integrating primary and behavioral health care ensures that patients have access to comprehensive care for both their physical and mental health needs in one location, reducing the need for referrals or navigating through multiple point solutions, ultimately improving overall access to care. Through Galileo's care model, the median time to end-to-end behavioral health diagnosis, treatment, and care plan is approximately 12 hours (vs. the national average to access initial mental health care/treatment, which is 5-6 weeks).
- **Enhance patient outcomes:** Coordinated care between primary care providers, psychiatrists, therapists, and coaches results in improved patient outcomes as providers can collaborate to create individualized treatment plans that address all of a patient's needs. This can lead to better management of chronic conditions, improved medication adherence, and reduced hospitalizations. Over 45% of patients engaged with Galileo's therapy and coaching programs are being treated for two or more chronic conditions by Galileo's collaborative multi-specialty care team.
- **Reduce stigma:** By integrating mental health care into primary care where patients have privacy in treatment decisions made through comprehensive care solutions like Galileo, patients are less likely to experience stigma associated with seeking mental health care. Additionally, early detection and intervention of mental health concerns can lead to more effective treatment and better outcomes.
- **Lower healthcare costs:** Integrated care can lead to lower healthcare costs over time by reducing hospitalizations, emergency room visits, and other healthcare utilization. Ultimately this lowers overall healthcare costs for employees and employers. Studies show that integrated primary and behavioral health care saves over \$800 per year per individual.



The Employee Experience: A Tale of Two Jackie's

Reduce out-of-pocket costs and improve access to 24/7 high quality, multi-specialty care with Galileo.



Jackie, 52

She has Type 2 diabetes, is under pressure at work with a strict deadline and starts experiencing tremors and shortness of breath.

Without Galileo

- Jackie decides to go to urgent care: \$150 copay → where they recommend anxiety medication + referral to therapy.
- She goes to her insurance network directory to start making calls for an appointment, but can't find a therapist within an hour's drive with availability within the next 6 weeks.
- She picks up her new anxiety medication, but it makes her feel a little odd, but the next available appointment with her PCP is in a 1 month.
- She decides to go back to urgent care (another \$150 bill) for help with the medication side effects.
- She never follows through on the referral to a therapist and doesn't want to try the mental health chat app that she gets as a benefit because it's a hassle to go through the process again.

The Impact

- Significant cost and time spent getting care
- Mental health benefit sponsored by employer wasn't utilized
- High risk for relapse and medication non-compliance

Employee Cost = \$300+

With Galileo

- Jackie opens the Galileo app and completes a quick intake describing her symptoms.
- A PCP responds within a few minutes requesting a video visit.
- After confirming her situation and health history, the provider asks her to complete a PHQ-9 screening and based on the results, asynchronously diagnoses anxiety and prescribes medication that will work with diabetes treatment.
- Jackie is also referred to Galileo's therapy program and schedules a session the following week.
- At her first video visit, the therapist sees the PCP's notes and Jackie's intake responses and recommends CBT techniques to cope with high stress moments and schedules weekly follow ups.
- Jackie mentions the medication has made her feel sluggish. The therapist consults with the PCP and in-house psychiatrist who adjusts the dosage and she picks it up later that day.

The Impact

- Eliminates time and cost of urgent care visits & frustration of finding a therapist
- Reduces risk of relapse
- Easy access to coordinated multi-specialty team understanding and treating comorbidities in one place for a seamless experience

Employee Cost = \$0