



Livongo for mental health by myStrength

Evidence-based digital platform addressing a complete spectrum of
mental health support

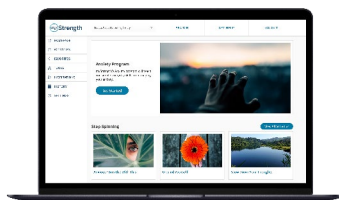
Key elements of the Livongo offering

Our data-driven approach provides members with personalized, actionable and timely support to drive lasting outcomes.



EFFORTLESS DATA COLLECTION

- A multi-surface, multi-modal experience for resilience and clinical conditions
- Self-monitoring to track mood, sleep, stress and goals



PERSONALIZED HEALTH SIGNALS

- Interactive, self-paced programs matched to members' preferences
- In-the-moment tools for coping in daily situations



HUMAN-CENTERED APPROACH

- Livongo expert coaches trained in mental health engagement
 - Asynchronous, text-based 1:1 coaching
- Coordination across conditions (such as diabetes and hypertension) to optimize care



Comprehensive coverage

Full spectrum of sub-clinical to clinical mental health needs:

- Depression
- Anxiety
- Insomnia
- Substance use disorders
- Chronic pain
- Opioid/medication-assisted treatment (MAT)
- Stress
- Chronic conditions
- COVID-19
- Mindfulness
- Balancing emotions
- Pregnancy & early parenting
- Nicotine
- Trauma
- LGBTQ
- Bipolar

Enterprise support



Dedicated implementation and success teams



Member communications and support



Reporting on engagement outcomes

Proven impact

EXTENDS ACCESS¹

82%

AS EFFECTIVE AS FACE-TO-FACE THERAPY

MEASURABLE CLINICAL OUTCOMES²

▼ 55%

REDUCTION IN DEPRESSION SCORES

PROJECTED COST SAVINGS²

▼ 0.8%

REDUCED CLAIMS COST PER MEMBER

¹Schladweiler, Krista, Abigail Hirsch, Ed Jones, and Luke B. Snow. 2017. "Real-World Outcomes Associated with a Digital Self-Care Behavioral Health Platform." October 31, 2017. Annals of Clinical Research and Trials, 1(2), 007. <https://scionline.org/abstract/21630/Real-World-Outcomes-Associated-with-a-Digital-Self-Care-Behavioral-Health-Platform>

²Abhulimen, Sese, and Abigail Hirsch 2018. "Quantifying the economic impact of a digital self-care behavioral health platform on Missouri Medicaid expenditures." August 31, 2018. Journal of Medical Economics, 21(11), 1084-1090. <https://doi.org/10.1080/13696998.2018.1510834>

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About Teladoc Health: Teladoc Health is transforming the healthcare experience and empowering people everywhere to live healthier lives. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages more than a decade of expertise and data-driven insights to meet the growing virtual care needs of consumers and healthcare professionals.

Teladoc
HEALTH