

Big Health's digital therapeutics

Safe and effective non-drug options for mental health

What if there was another effective option without the downsides?

	Digital therapeutics	Common medications for mental health
Scalability	✓ High	✓ High
Consistent delivery	✓ High	✓ High
Risk of adverse events	✓ Low	✗ High*
Side effect profile	✓ Low	✗ High

Sleepio

76%

of patients achieved clinical improvement in insomnia.¹

0

Serious adverse events observed

daylight

71%

of patients achieved clinical improvement in anxiety.²

0

Serious adverse events observed

- 64 publications
- 13 randomized controlled trials
- 28,000+ study participants
- 4 clinical guideline inclusions



*Risks and side effects vary from medication to medication, however, several classes of common medications for mental health, such as hypnotics, benzodiazepines, are associated with significant abuse liability and risks for adverse health outcomes (e.g., falls and accidents) due to associated psychomotor impairment (Lembke et al., 2018; Soong et al. 2021). Disclaimer: In accordance with FDA's Current Enforcement Discretion Policy for Digital Health Devices for Psychiatric Disorders, for patients aged 18 years and older, who are followed by and diagnosed with Insomnia Disorder or Generalized Anxiety Disorder by a medical provider, Sleepio and Daylight can be made available as an adjunct to their usual medical care for Insomnia Disorder or Generalized Anxiety Disorder, respectively. Sleepio and Daylight do not replace the care of a medical provider or the patient's medication. Sleepio and Daylight have not been cleared by the U.S. Food and Drug Administration (FDA) for these indications. Users are directed to not make any changes to their prescribed medication or other type of medical treatment without seeking professional medical advice. 1. Espie et al., 2012; 2. Carl et al., 2020.

Big Health

Integration through your pharmacy plan enables low-lift member engagement and streamlined billing



Member picks up medication (Ambien, Xanax, etc.)

Email and mailer automatically sent to member

Member has immediate access to Sleepio or Daylight alongside their medication

Once member starts the therapeutic, payer is billed via pharmacy invoice

Ten million lives covered

For nearly a decade, we've been partnering with employers and payers to help millions back to good mental health.

"I have had insomnia for 30 years. I am so excited about Sleepio because it is the first thing that has actually helped. I haven't taken any medication for two weeks and my sleep and energy are improving... Sleepio has given me my life back."

— Sleepio Member

"I have struggled with escalated anxiety that even prescribed medication couldn't control. Daylight has been a lifesaver for me. It's individualized to my needs and teaches me how to take back control."

— Daylight Member

Email us at workplace@bighealth.com to offer non-drug options for mental health to your members.



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