



DARIO EXECUTIVE BRIEF

Personalized Treatment Recommendations Simplify Access to Behavioral Health Care



With the advent of the pandemic, employers and health plans focused more attention on mental and emotional health than ever before. Improving access and reducing stigma for the estimated 53 million Americans living with mental health issues have become top priorities.

Technology-enabled solutions experienced tremendous growth as companies scaled to meet the demand, but the influx of new and different treatment options has been overwhelming. Employers and health plans that want real results should focus on solutions that provide easy-to-understand, targeted treatment options—based on fast and accurate assessments of individual mental health needs.

Behavioral Health Facts

1 in 5

U.S. adults
experience mental
illness each year

1 in 20

U.S. adults
experience serious mental
illness each year

1 in 6

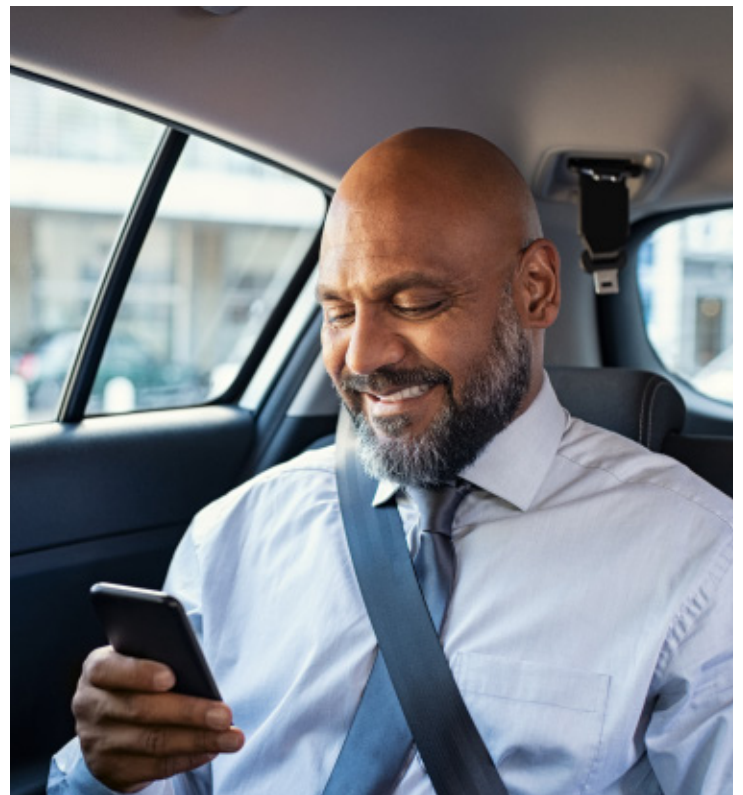
U.S. youth aged 6-17
experience a mental
health disorder each year

Guiding users to the right kind of care

A study conducted in 2022 by the Institute for Healthcare Improvement makes the case for a behavioral health care model that includes simplified scheduling, shorter wait times, and more accurate matching of patients to services. Researchers recommend testing faster assessment tools and quick interventions to achieve better access and treatment acceptance.¹

These recommendations align with insights into obstacles—along with stigma, cost, and marketplace confusion—that prevent people from getting effective mental health support. As published by the Wellbeing Port blog, these obstacles include "a shortage of therapists...a lack of awareness among primary care doctors about available services, and hard-to-navigate websites."²

Dario's digital behavioral health management solution for employers and health plans already addresses these issues. The solution offers an AI-powered online assessment that quickly guides users to the right kind of care, based on the type and severity of their problems.



Dario offers multiple treatment options

- ✓ Certified coach
- ✓ Self-guided cognitive behavioral therapy (CBT) programs
- ✓ Mindfulness programs

Treatment options can also include access to traditional and community-based support, such as referrals to local therapists. Dario integrates with available mental health resources to help maximize our partners' investments.

With a few key options clearly presented, users feel more comfortable accepting treatment and can start with solutions that carry less stigma if they choose to do so.

Clinical Research Validates Dario's Effectiveness



Results speak for themselves

A digital behavioral health solution that holds someone's hand as they navigate their potential need for mental health services creates the peace of mind needed to help more people accept and benefit from treatment.

Users who take the online assessment go on to try at least one treatment option, and 82% of those people report feeling better afterwards.

Throughout its suite of solutions, Dario's focus on this kind of convenience, compassion, and engagement leads to better health and well-being, physical as well as emotional.

About Dario

Founded in 2011 as a direct-to-consumer digital health provider, Dario perfected its solution with real users before selling to employers, health plans, and providers. Dario's proven and popular solution makes it easy for people to care for their health, with continuous and connected digital support that meets and anticipates individual needs, understands personal motivators, and facilitates engagement and behavior change.

Learn more at dariohealth.com.

[Contact us](#) for more information or to schedule a demo.