

# Q uestions

**Is face to face therapy the gold standard? Who says so?**

**What do you see in 1 year forward?**

# Is face to face best case and for whom?

- Psychology is crisis driven
- Historically face 2 face therapy = gold standard
- **Is face to face best case and for whom?**
  - **Were mental health professionals looking for digital solutions?**
- Who is looking for digital solutions?
- Professionals expanding their own skill sets, esp in digital?

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**Overlapping:  
Mental Health &  
Metabolic Health**

**Stigma vs Acceptance**

# Mental Health & Metabolic Health

- Overlap of MH with metabolic health
- Changing landscape from stigma to openness
- Accelerating corporate uptake or awareness in MH
- NEED for outcomes → payors!

# Digital Wellness

- Increase in MH issues
- Increase Company awareness
- More awareness = lower costs
- NALURI - doubling down during this time

- Cardiometabolic = mental health

Why did you start NALURI?

- Multidisciplinary
- Outpatient primary care in MY relatively mature - cannot recreate; just start fresh w Naluri
- Increase accessibility

# Digital Wellness

- Access issue - not enough doctors
  - Professional services overwhelmed - no room for new cases
  - At risk not even presenting; SEA stigma - not presenting
  - Apps will not replace but augment; increases productivity of psychologists
- Applying AI/NLP, voice prints
  - Estimates of emotional distress
  - Signals that correlate with outcomes
- Reach underserved and correlate to outcomes

# Digital Wellness

- What you lose:
- In person
- What you gain:
- populations
- What you need:
- Empathy for provider and patient
- Efficiency versus effectiveness



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**If we look back 1 year ago; what was your goal? And now...**

**What do you see in 1 year forward?**

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**Discuss Coaching models:  
Change in rates, timing,  
location, access**

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**Who is more resistant to digital health?**

**Patients or providers?  
and why?**

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**All three of you have mentioned to me the value of multidisciplinary care models.**

**Is the change to digital a good thing to accelerate provider skills?**

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**Mindfulness - a capacity to be present; isn't that a luxury for some?**

**Can you 'reduce' it for the masses with an app?**

**Is this something for 20,000 foreign workers in quarantine? Can they do the 'deep' work?**

# 8 How could digital tools help get to root cause?

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**Privacy - important but how important today?**

**Predictive analytics require data.**

# Technology Topics

- Predictive analytics
- Empathy
- Chatbots
- Wearable tech; voice; activity
- Software based therapeutics



**ST**

**No to devices?**

**Yes to phones?**

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**Outcomes & Analytics:  
Soft, Hard, Novel  
Economic  
Disease  
Productivity**

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**Lets talk about  
mental illness versus  
mental health.**

**Anxiety vs unwell**

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**Digital CBT.**

**Online CBT.**

**Just as good, without the  
wait?**

# Mental Health & Wellness

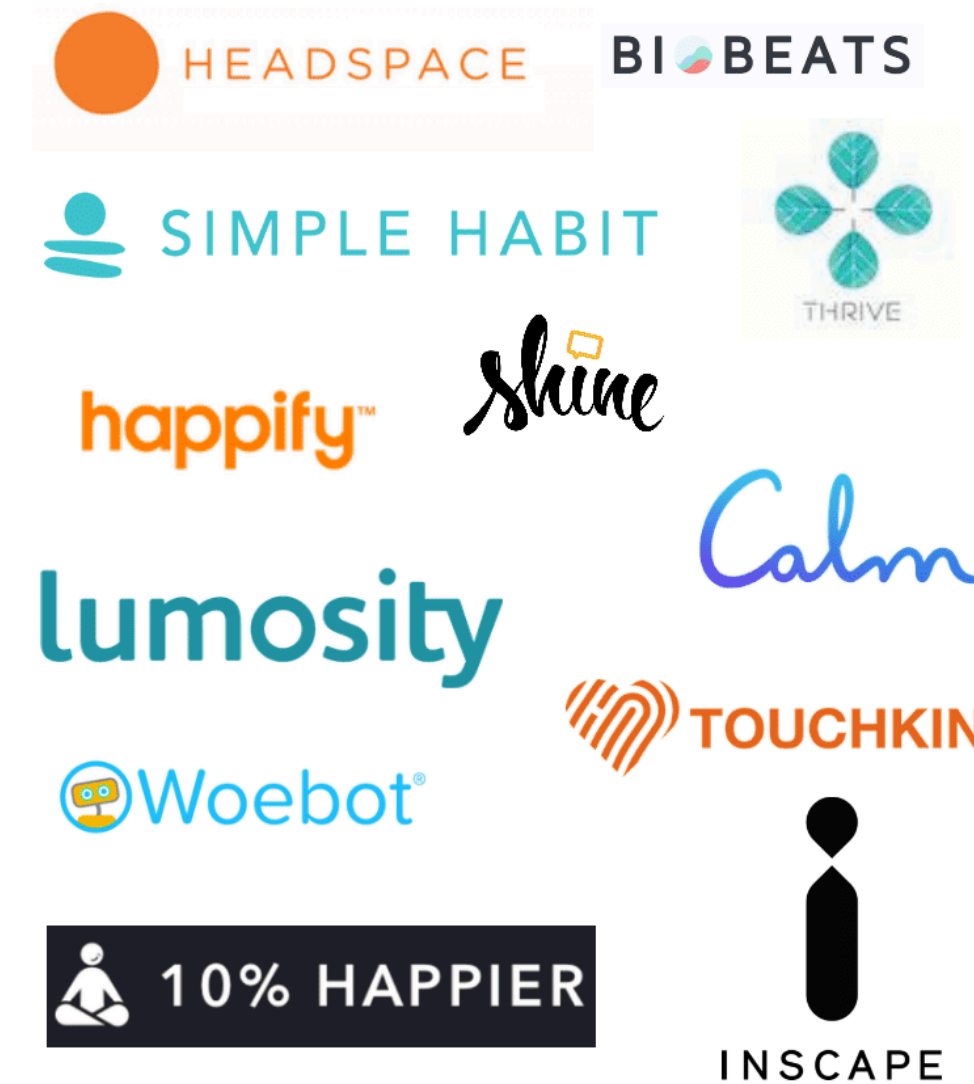
## Digital Therapeutic/Cognitive Behavioral Therapy



## Telemedicine



## Mental Wellness + Brain Training



## Wearables + Monitoring



## Provider/Therapist Tools



# Digital CBT

- Insomnia
- Substance Abuse d/o
- Opioid Abuse d/o
- PTSD, anxiety, stress, depression, phobias, panic
- Pear - adding vocal biomarkers
- Intellect
- iESO at NHS
- Noom
- MindFi, Awakendd Mind, headSPace
- VR tools

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# Connecting to immunity

stress > food > gut bacteria  
> anxiety

# More

- Is tech better or worse for the practice?  
How would we know?
- Outcomes - are they the same?
- How is the doctor/provider experience?
- Should we be building tools for providers first?
- Different levels of service: to conditions, to needs, to context.
- Will tech over simplify mental health issues?
- Lets talk about mental illness versus mental health
- Reliability of tools? Vs F2F.
- Failure of all or nothing thinking - both digital and f2f can exist



# More 2

- Lack of resources versus excess resources
- What do you have access to?
- Define the pool at risk
- The extra burden of WFH.
- Digital CBT
- Organizational needs vs individual needs
- Leadership model vs team model