



Galileo's Integrated Approach To Mental Health

Holistic health care is about whole people. That's why Galileo provides integrated, longitudinal care—for the body and the mind. Providing integrated primary and mental health care is proven to improve access, enhance patient outcomes, reduce stigma, and lower health care costs.

What's included in Galileo's mental health solution

Primary-care led mental health care - All primary care providers are trained in mental health and able to identify and treat low-to-medium acuity issues such as stress and anxiety. Providers conduct 360-degree evaluations, GAD7 & PHQ9 screenings and are supported by a psychiatrist to manage medication when appropriate.

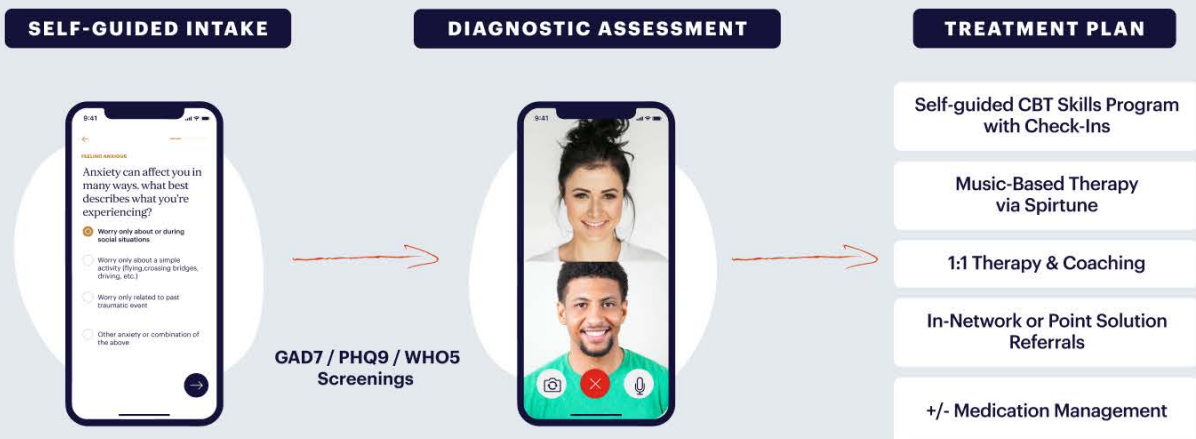
Self-guided CBT skills program - One introductory video session in goal-setting with a coach, followed by six weeks of reading, practice exercises and proactive check-ins.

Music-based therapy - Through scientifically-created music tracks, Spiritune harnesses the power of music therapy and neuroscience to promote relaxation, reduce stress, boost focus, improve mood, sleep, and more.

Therapy and coaching - 1:1 video sessions with a therapist or coach to tackle root causes and symptoms, as well as help employees build durable skills.

Referrals - Galileo can also help employees find in-network mental health care providers and resources in their community. Our Navigators help secure appointments, a common pain point for employees seeking in-person mental health care.

Patient journey to improved mental health



What makes Galileo's mental health solution unique?

By addressing mental health concerns alongside physical health in one integrated model, Galileo's mental health solution leads to better health outcomes, lower medical expenses, and improved productivity.

→ **Advanced provider training**

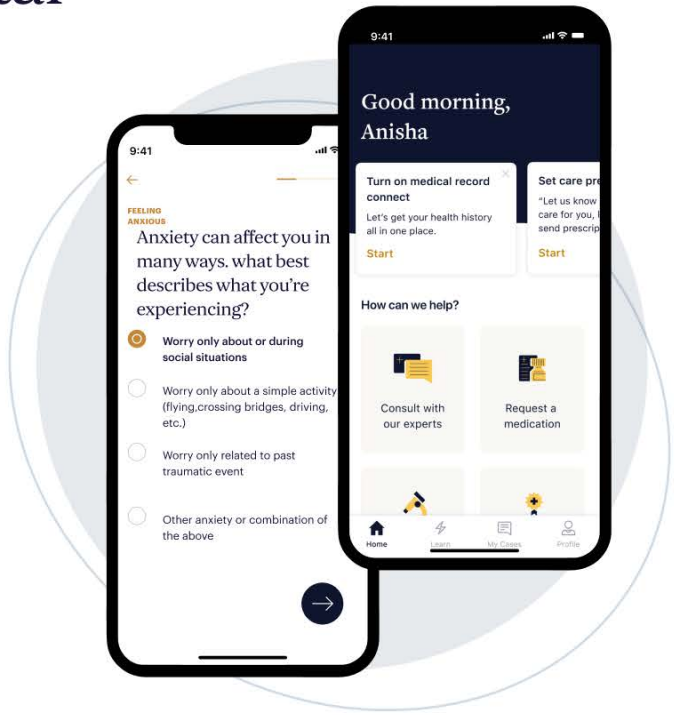
Every Galileo PCP is trained to screen for and treat low to medium acuity mental health conditions like stress, anxiety, and depression, and can prescribe non-controlled substances.

→ **Team-based approach**

Galileo's PCPs are supported by staff psychiatrists and therapists trained to help patients with higher-acuity needs. Together, the PCP and mental health specialists collaborate on an integrated treatment plan based on a comprehensive evaluation of the member's physical, mental, social and environmental (SDOH) needs.

→ **Evidence-based**

Galileo's approach to therapy and coaching is evidence-based and programmatic, not open-ended and continuous. We provide structured pathways with systematic checkpoints via 1:1 video sessions, text-based care, and in-app assessments to help patients achieve their mental health and wellbeing goals.



→ **Guided treatment plans/Frequent check ins**

Galileo's program includes multiple modalities (self-guided, scheduled video visits), to meet the needs of patients wherever they are. Providers check in frequently and assess at structured intervals to track progress and shift treatment plans when needed.

RESULTS

Galileo's mental health care programs have been shown to reduce symptoms of anxiety and depression and improve overall well-being after 6 weeks (as measured by GAD7, PHQ9, and WHO5).

100 NPS

Members recommend Galileo therapy & coaching

90%

Patients with clinically significant improvement in 6 weeks

12 hours

Average time to mental health treatment plan (compared to the national average of ~6 weeks)

50%

Average PHQ-9 score reduction of 4 points

Shorter time to treatment, lower costs and better health outcomes.