

Filling a Critical Gap in Your Employee Health Benefits Program

Moving Beyond Just Managing Symptoms

Employers and health plans know that benefits programs are valued now more than ever. COVID-19 gave birth to many new digital therapeutic platforms. Some of these applications encourage behavior change (e.g., meditation) while others provide remote counseling/therapy.

Despite these new benefit options, **employees still aren't satisfied with their programs¹** as the **current options deliver mixed results.²** This is partly because none of the current programs get to the root cause of an ailment. There is a critical gap, and Digbi Health helps **fill and complement existing programs** like Calm, Headspace, Ginger, and Lyra.



The **Gap** in Your Current Mental Health Benefit Options

Managing Symptoms vs. **Curing the Root Cause**

The COVID-19 epidemic eliminated most in-person care and therapy, instantly forcing everyone to rely on smart-phone applications to keep them healthy and happy. In fact, 2020 saw a **27% increased use of health and fitness apps**.³ Despite the surge in available applications, only **4% of those with access continuously use health and fitness applications**.⁴

15,000+

Healthcare apps were launched on the Apple and the Google store in 2020¹⁶

As COVID-19 forced brick-and-mortar offices to close their doors, virtual remote therapy quickly rose in popularity.

While app and in-person based mental health and cognitive behavior support reduce anxiety and may be adequate



for some, they still **do not address the root physiological causative factors**, inhibiting their ability to create **long-lasting change**.

Another category of wellness applications help with “Mindfulness” practices like meditation. While these practices certainly have profound temporary benefits, employers need to help their teams **address the root cause of their mental and physical ailments**.

^{1,2} <https://www.shrm.org/resourcesandtools/hr-topics/compensation/pages/pay-benefits-satisfaction.aspx2020>

³ <https://www.emarketer.com/content/number-of-health-fitness-app-users-increased-27-last-year>

⁴ <https://blog.happifyhealth.com/ear-to-ear/how-happify-built-the-first-prescription-digital-therapy-for-depression-and-anxiety>

¹⁶ <https://www.statista.com/statistics/779910/health-apps-available-ios-worldwide>

Pharmaceuticals Are Not the **Answer**

Serious **Side Effects** and Addiction Risk

For those brave enough to seek treatment for their mental health conditions, many healthcare providers are quick to resort to pharmaceutical medications.

The two most commonly prescribed classes are serotonin re-uptake inhibitors (SSRIs) and monoamine oxidase inhibitors (MAOIs). Both drugs work to alter the levels of key neurotransmitters in the brain.

Specifically, serotonin reuptake inhibitors (SSRIs) such as Lexapro and Prozac prevent absorption of serotonin — a key hormone that helps to control our mood, appetite, and sleep — leading to a more effective use of the limited amount of serotonin the ailing body is producing. Similarly, Monoamine Oxidase Inhibitors (MAOIs) such as Marplan and Nardil inhibit the activity of monoamine oxidase enzymes which break down serotonin.

Both classes of drugs manage key neurotransmitter levels in the brain, initially **tricking our brains into being happier and less anxious**. Unfortunately, these drugs disrupt the natural functioning of neurotransmitters, causing our bodies to develop a tolerance to the drugs and no longer feel symptom relief over time.

In fact, studies have found that more than



33% of patients no longer feel effects over time, despite an increase in the dosage.⁶

When patients report a decrease in effectiveness, physicians are often quick to increase the patient's dosage. While this may work at that moment, it leaves your employees completely dependent on pharmaceuticals, in most cases with significant side effects.⁷ Specifically, ***nearly a quarter of those who stop taking antidepressants relapse within 2-years of stopping the medications.***⁸

Ultimately, pharmaceutical medications fail to address lifestyle behavioral factors (which greatly influence anxiety, depression, and insomnia) because they fail to address the root cause of the condition. Pharmaceuticals alone will simply never be a viable option for optimizing your employees' mental health.

⁶ <https://www.hopkinsmedicine.org/health/wellness-and-prevention/why-arent-my-antidepressants-working>

⁷ <https://theconversation.com/as-pharmaceutical-use-continues-to-rise-side-effects-are-becoming-a-costly-health-issue-105494>

⁸ <https://www.ncbi.nlm.nih.gov/books/NBK361016>

Fragmented and **Multiple** programs Cause Anxiety and Frustration

The COVID-19 epidemic caused us to rely on wellness applications overnight. Essentially, there is one application for every type of physical and mental illness you can think of. If the majority of US adults suffered from a single chronic condition, these applications would suffice; however, **58% of employees and their dependents have polychronic comorbidities**, meaning they suffer from more than one chronic illness.

Today, if someone is suffering from 3 conditions, they would have to rely on 3 different apps, with each app/program offering their own coaching teams, software nudges, and texts. No one wants to use multiple apps or separate programs. In fact, using 3 different apps can actually worsen mental health outcomes and lead an employee to abandon their wellness routine entirely.

There is a need for one transdiagnostic platform that can deliver whole-person integrated, sustainable care for polychronic conditions by targeting the root cause.



Americans are diagnosed with at least one chronic issue



Women over 40 showed prevalence of multiple chronic conditions

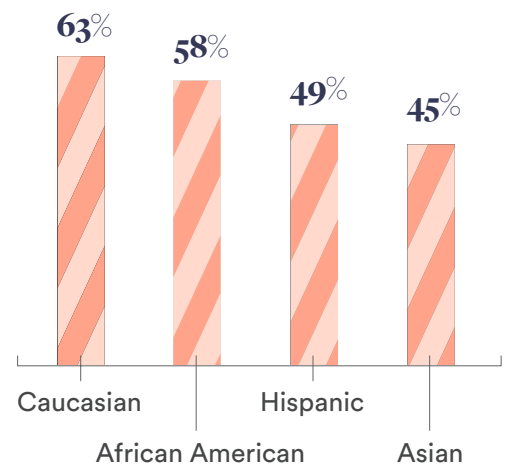


Americans with chronic issues have more than two



Men over 40 were diagnosed with 2+ chronic issues

Polychronic risk varies across ethnicities



Source: https://www.rand.org/content/dam/rand/pubs/tools/TL200/TL221/RAND_TL221.pdf

¹⁰ <https://www.medrxiv.org/content/10.1101/2020.03.30.20043919v1>

Mental Health Begins with a Healthy Gut

Until recently, mental health conditions like anxiety, insomnia, and depression were considered functions of the brain. Now, it is well accepted in the medical and scientific community that the **gut and brain are connected**; communication between the two is constantly occurring.¹¹ Poor Digestive health has been associated with depression, sleep and anxiety disorders.

Most people are surprised to learn that over 90% of the body's serotonin — a key hormone that regulates mental health - is made in the gut.¹² Not only is serotonin's job to keep us happy and less anxious, but it controls **production of melatonin** — an essential protein responsible for sleep.

However, too much serotonin is associated with diarrhea while too little serotonin is associated with constipation.¹³

Specific bacteria exist in the gut whose role is to synthesize serotonin from food to maintain optimal levels for both mental and GI health.¹⁴ Without the correct bacteria and the right food to feed them, healthy serotonin synthesis cannot happen, resulting in an unbalanced gut microbiome and altered neurotransmitters.

Simply put, **one cannot have a healthy mind without a healthy gut, and one cannot have a healthy gut without a healthy mind.**



Feeding your Gut Right Alleviates Mental Illness

Because every single person has a different gut microbiome and unique genetics, recommending the **same diet** for everyone will not be effective. **Individual genetic and microbiome testing** allows us to

understand the current state of one's gut and their unique genetics to determine the foods, prebiotics, and probiotics that will help address the **root cause of mental and digestive disorders.**

¹¹ <https://www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection>

¹² <https://www.caltech.edu/about/news/microbes-help-produce-serotonin-gut-46495>

¹³ <https://badgut.org/information-centre/a-z-digestive-topics/ibs-and-serotonin>

¹⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4259177>

¹⁵ <https://www.cnbc.com/2019/06/22/new-study-shows-theres-no-one-size-fits-all-diet.html>

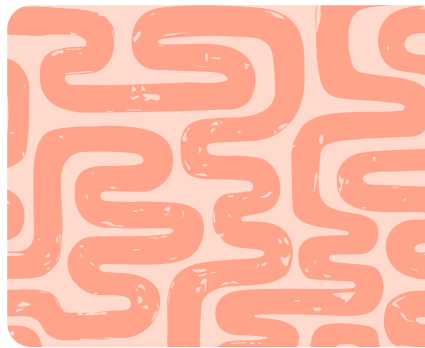
Digbi Mental Health **Completes** Your **Benefits** Program

Digbi Health

Digbi Health is a caring and innovative personalized digital care company that harnesses gut microbiome, genetics, clinical signals, food, and AI to deliver convenient, effective, whole-person precision care to people living with polychronic conditions. We treat the the root cause of their chronic mental and physical illness.

When employees and their dependents sign up, they submit an oral swab and a

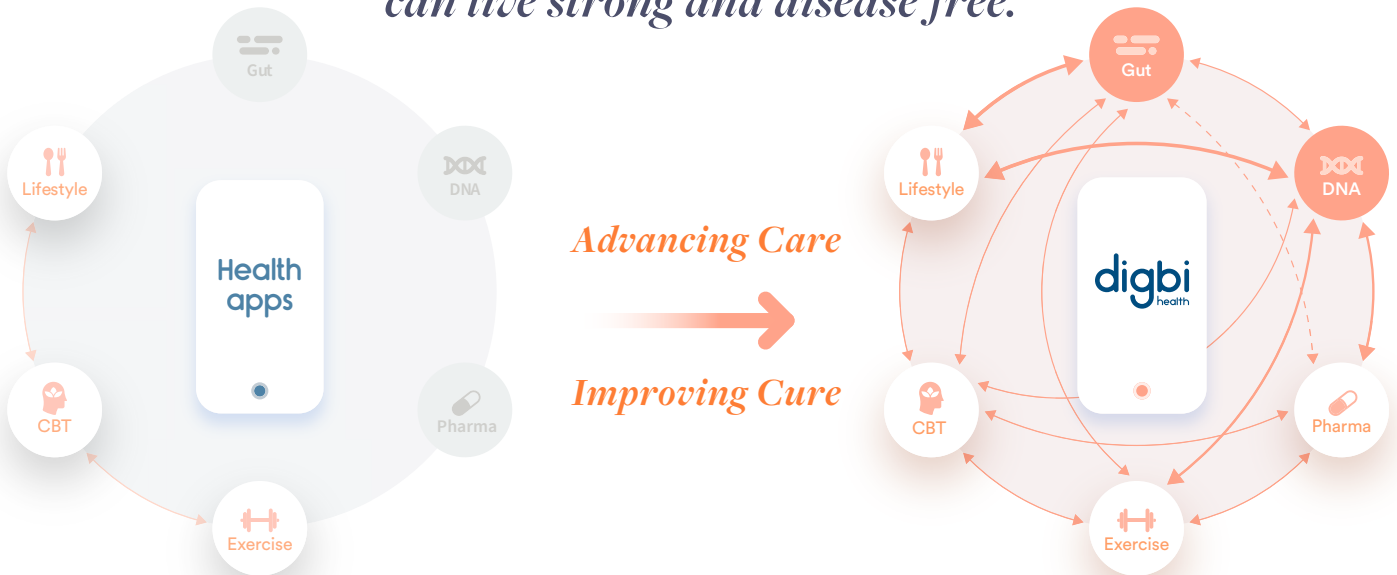
fecal sample along with demographic and lifestyle information. Using test results and AI predictive modeling, Digbi suggests each employee small but precise and impactful changes a person can make to their meals and lifestyle, ultimately reducing or reversing their mental health symptoms. Digbi also provides virtual physician connected care, 1:1 coaching, digital content, and a vibrant member support community.



Our organ systems don't function independently. Everything's interconnected. It's important we approach the patient in a comprehensive, whole-person fashion. No two people have the same genetic and gut microbiome make-up, so no two people should receive the same health and food recommendations.

- Ranjan Sinha, Founder & CEO, Digbi Health

Your employees and their families deserve the right to better understand their genetics and gut-microbiome so that they can live strong and disease free.



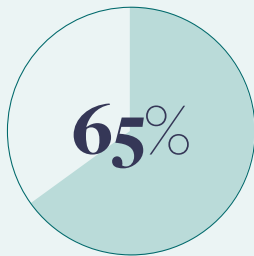
Digbi Health Delivers **Measureable** and Profound Improvements

In **Mental Health** Metrics

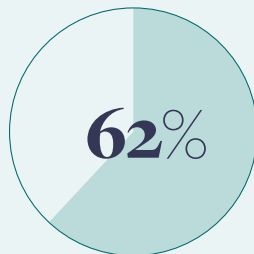
Digbi Health

*Digbi Health program has been vetted and offered by **health plans**¹⁷ and multiple self insured employers. In a 2021 Real-World Study, 275 Digbi Health members demonstrated significant improvement in general anxiety disorder (GAD) and depression symptoms.*

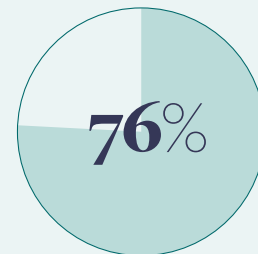
Symptom Reduction and Health Outcomes



Reduced **Anxiety**



Reduced **Depression**



Improved **Sleep**¹⁷

Helping employees at



Research Partnerships



dna + gut

¹⁷ <https://news.blueshieldca.com/2020/07/15/more-than-23-500-blue-shield-of-california-members-reclaim-their-health-in-first-year-of-reimagined-wellvolution-program>

5 **Reasons** Employers Should Add Digbi Health to Their Benefits and Care Program



Reduces or eliminates medication by addressing the root cause of chronic illnesses



Reduces or eliminates unnecessary diagnostics and scans associated with digestive and mental conditions



Delivers long-term, sustainable reduction in healthcare costs by addressing the root cause of illness and empowering patients



Improves overall quality of life of employees



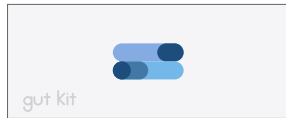
Enhances health equity by delivering programs designed to tackle disease risk that vary by ethnicity and gender

Optimizing the health of your employees will undoubtedly increase employee productivity and their quality of life.



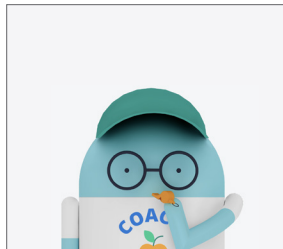
Targeting the **root cause** of mental and digestive illnesses

Through Cognitive Behavior Therapy and Precision Care



At Home Testing Kits

- Gut Biome + DNA Kits
- Shipped to trusted US labs



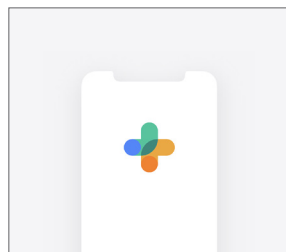
Virtual Care

- Unlimited coaching
- Cognitive behavior content and support
- Meal planning
- Anxiety/Stress management



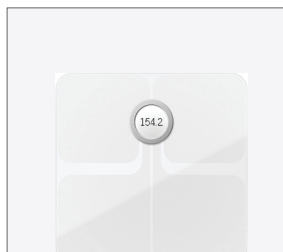
Actionable Reports

- Inflammatory foods
- Mental health genetic and gut report
- Probiotic abundance
- Genetic fitness



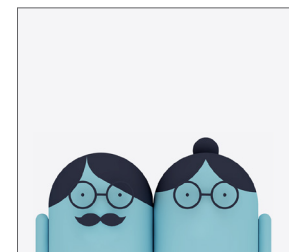
Mobile App

- Lifestyle Vitals tracking
- Gut health and meal log
- Long term mental and gut health tracking



Connected Devices

- Apple + Google Health
- Digital Scale, BP, CGM integration



Community and Sherpas

- Member to member support
- Celebrations and rewards
- Healthy habit challenges

Contact Information

Digbi Health is an innovative, caring company focused on empowering 100 million Americans who are fighting obesity and multiple physical and mental inflammatory and insulin related illnesses like IBS, acid reflux, general anxiety disorder, depression, dysregulated sleep, food, and weight related illnesses like hypertension, pre-diabetes and diabetes.

Find out how you can partner with Digbi Health to reduce healthcare costs, transform the health of your employees and their family.

Schedule a call to learn more:
partner@digbihealth.com