

# Mental Health

Koa Health provides effective, accessible mental health resources across the continuum – addressing the urgent need to support the missing middle, meeting the needs of all individuals at all points in their unique journey.

## Tools and interventions

Cognitive behavioral therapy (CBT), positive psychology, mindfulness, meditation, relaxation techniques, psychoeducation, emotional regulation, acceptance and commitment training (ACT)

## Global mental health solution

Supports 15 countries, 3 languages and GDPR compliant

## User Experience

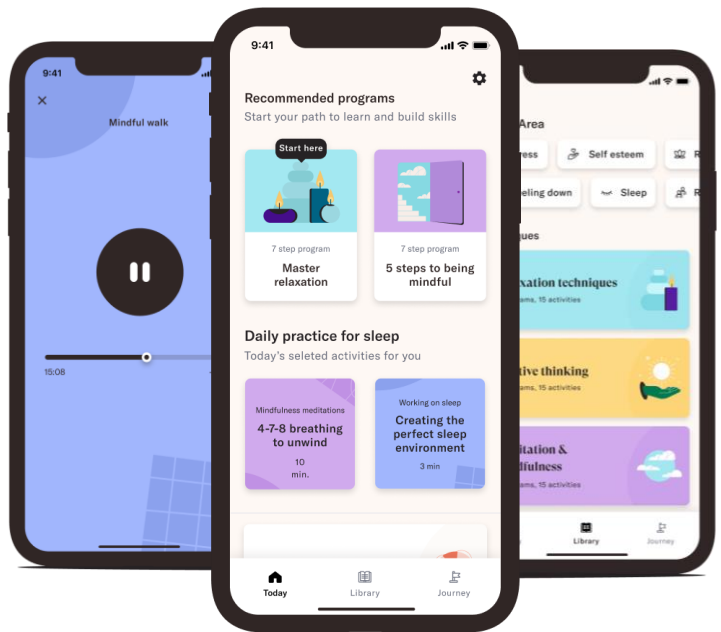
In-the-moment activities, new routines, programs, and focus areas for burnout, sleep, stress, feeling down, loneliness, social anxiety, relating to others, communication, and supporting children

## Evidence based

Koa Foundations contains several evidence-based techniques that have been shown in research to reduce stress, anxiety, and depression as well as increase wellbeing, sleep quality, and focus.

## Flexible and personal

Support that adapts to people's unique circumstances across a range of conditions and can be accessed conveniently by phone.



60-85% of participants showed improvement in their mental health and wellbeing

Participants spent 15 minutes on average engaging with the app

Source: RCT from Koa Health