

A treatment of choice

# Digital Cognitive Behavioral Therapy (DCBT)

Mental illness affects more than 26% of the U.S. adult population.<sup>1</sup> Individuals with behavioral health conditions are more likely to visit medical specialists, use inpatient services and visit emergency rooms.<sup>2</sup> Medical costs for those with comorbid physical health conditions are two to three times higher than those without.<sup>3</sup> Persons with behavioral health conditions also use more disability days than their colleagues.<sup>4</sup>

## A unique approach to a proven solution

Cognitive behavioral therapy (CBT) has proven to be as effective as medication in treating BH conditions and has more lasting results.<sup>5,6</sup> Magellan has dramatically changed how members access CBT by delivering it on a digital platform. Since 1994, our solution has helped improve outcomes, increase access to BH services, decrease the need for higher levels of care, and reduce BH costs per individual up to 45%.<sup>7</sup>

**75% of individuals**  
prefer a non-medication care option  
for behavioral health treatment.<sup>8</sup>

Our DCBT programs are private, confidential and can be accessed any time, day or night, via web or mobile, addressing the most common BH conditions:

- **ComfortAble™**—for chronic pain
- **FearFighter®**—for anxiety, panic and phobia
- **MoodCalmer**—for depression
- **OCFighter**—for obsessive compulsive disorder
- **RESTore®**—for insomnia and other difficulties sleeping
- **SHADE**—for substance use disorder

## DCBT that makes a difference

Through our leading-edge cognitive behavioral therapy delivery model, we're helping members better manage their conditions and improve their quality of life.

- 44% of chronic pain CBT users experience improvement after one month<sup>9</sup>
- 63% reduction in symptoms of fear and panic<sup>10</sup>
- 52% reduction in depression severity<sup>11</sup>
- 3.4 hours per day reduction in time ritualizing and obsessing<sup>12</sup>
- 80% improvement in sleep<sup>13</sup>
- 72% reduction in substance use<sup>14</sup>

Not only do these results improve members' quality of life, they also lead to lower BH costs and absenteeism.

If you would like more information about our DCBT solution, please contact us at [gensales@magellanhealth.com](mailto:gensales@magellanhealth.com).

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