

Benefits for healthcare decision makers, including health systems, employers, and payors,* include digital therapeutics' ability to:

Expand therapeutic options

- Provide evidence-based, remote treatment options for conditions that previously have been untreated or undertreated by traditional medications and therapies
- Deliver high quality therapies to underserved populations
- Easily scale and often be accessible through patient-owned devices (e.g., smartphones, tablets)
- Complement other therapeutic interventions, including medications, clinician-delivered therapies, and services
- Expand access to evidence-based medical therapies locally, nationally, and globally

Improve health outcomes

- Improve clinical and health economic outcomes at the patient and population levels for a large range of behavioral, mental, and physical diseases and disorders
- Provide a novel validated source of real world evidence (RWE) outcomes
- Facilitate the analysis of patient- and population-level health outcomes
- Be provided in the context of traditional or novel clinician-delivered care models
- Transform how patients understand, manage, and engage in their healthcare

Achieve economic benefits

- Increase patient population exposure to effective and engaging treatments without potentially requiring an equivalent workforce expansion
- Decrease the economic burden of certain medical conditions by reducing overall costs
- Make effective, patient-centered treatments accessible and scalable at relatively low units of cost
- Support healthcare teams in settings with varying degrees of health care infrastructure

WHAT IS A DIGITAL THERAPEUTIC?

Digital therapeutics (DTx) deliver therapeutic interventions directly to patients using evidence-based, clinically evaluated software to treat, manage, and prevent a broad spectrum of behavioral, mental, and physical diseases and disorders. DTx products undergo clinical trials, collect real world outcomes, and are subject to rigorous, patient-centered [industry principles](#), [best practices](#), and [ethical standards](#).

*This list provides an industry-level overview. Individual DTx products have additional features or functionalities.