



Benefits for patients and caregivers* include digital therapeutics' ability to:

Address patient needs

- Address a broad range of behavioral, mental, and physical diseases and disorders
- Provide targeted novel therapy options for unmet or undertreated medical needs
- Provide personalized therapeutic interventions:
 - *Based on patients' needs and abilities,*
 - *In an engaging way,*
 - *Independent of a patient's schedule,*
 - *With familiar languages and cultural references,*
 - *In the privacy and safety of their own environment, and*
 - *Often be accessible through patient-owned devices (e.g., smartphones, tablets)*

Align with current care

- Increase access to therapies that are clinically demonstrated as safe and effective
- Be made available to patients by clinicians, public and private payors, or employers
- Align with medical guidelines
- Deliver reliable, evidenced-based interventions:
 - *In tandem with in-person or remote clinician-delivered care,*
 - *Alongside medications and other treatments, or*
 - *Independently as a standalone therapy*

Meet patient-specific goals

- Designed in collaboration with, and in direct response to needs of end users, caregivers, and clinicians
- Directly impact of life and disease state outcomes
- Optimize current therapies, reduce reliance on certain medications, and lower stigma associated with the delivery of certain traditional therapies
- Provide meaningful results and insights on personalized goals and outcomes

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.