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)

**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

**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

**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.