



# The Monsenso mHealth solution for insurance

# Mobile technology and healthcare

Technology is becoming more pervasive

According to Gartner:

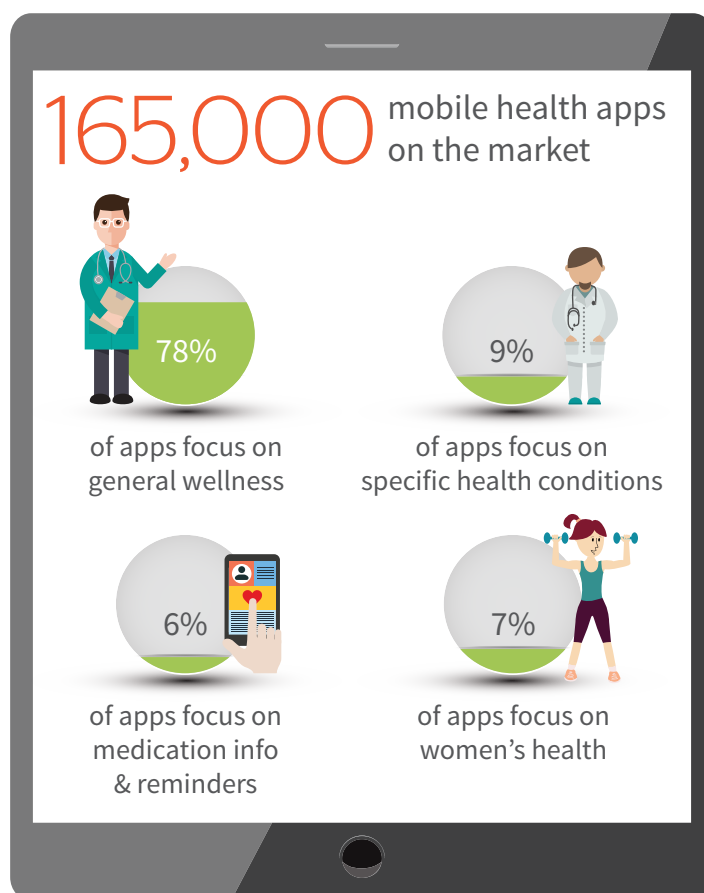
In **2016** smartphone sales reached



Accounted for **78%** of all mobile sales in Q1 2016 <sup>[1]</sup>

There are now more than 165,000 mobile health apps on the market. Nearly two thirds are focused on general wellness issues like fitness, lifestyle, stress and diet. The remaining third is made up by apps focused on specific health conditions (9%), medication info & reminders (6%), and women's health & pregnancy (7%). Mental health apps led among disease specific apps, followed by diabetes. <sup>[2]</sup>

When they looked at physician practices in relation to app prescribing using their AppScripts platform, they found that most prescribed apps focused on diet, fitness, smoking and mental health. When physicians prescribed an app, they found that "fill rates" ranged from 28% on respiratory apps to 72% on mental health apps. <sup>[2]</sup>



# The Monsenso mHealth solution for mental health

## Mental health facts



65% of people in the UK have experienced some form of mental health problem <sup>[3]</sup>



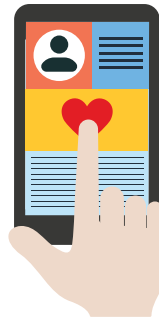
Britain's high stress, long-hours work culture has led to a higher level of people out of work with mental health problems than any other country in the developed world. <sup>[4]</sup>



53% of patients displayed symptoms of depression and anxiety one year after completing their treatment and 79% of symptoms displayed occurred within the first six months. <sup>[5]</sup>



People unable to work because of mental health issues costs the UK economy £70 billion each year <sup>[4]</sup>



## The Monsenso mHealth solution



Enables prevention and early intervention



Enables psycho-education and helps claimants learn skills to cope with symptoms



Helps individuals to remain engaged in their treatment



Facilitates collaboration with teleconsultants



Facilitates remote care



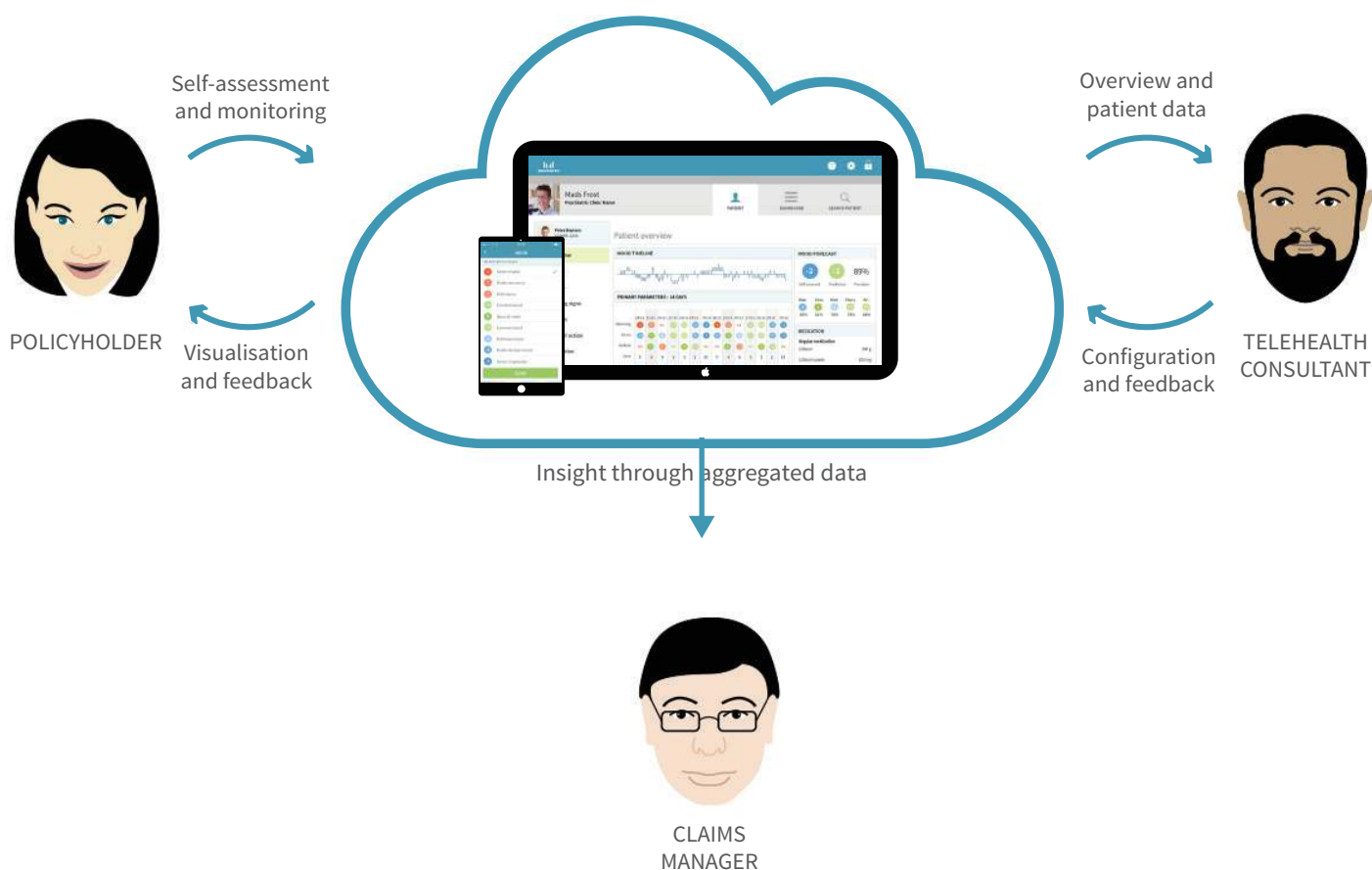
## Mental illness The top cause of insurance claims



# Connecting clients, telehealth consultants and claims manager

Monsenso helps clinicians provide better treatment, to more people, at a lower cost. Our mission is to help healthcare providers, individuals and insurers in the prevention, early identification and treatment of common mental illnesses.

Based on continued research and development, we are committed to developing solutions that fit seamlessly into the lives of individuals, increasing the efficacy of their treatment.



“It is important that the life insurance industry embrace new technologies and new processes in order to remain relevant in the lives of customers going forward. Clinical medicine is also evolving and we are very pleased to announce this partnership with Monsenso, which should improve outcomes for insurance claimants who are battling mental illness.”

**- Jules Constantinou**

Regional Manager, Gen Re Life/Health UK & Ireland



# Evidence-based, certified and compliant solution

The Monsenso mHealth solution has been technically and clinically validated in various clinical evaluation studies and randomised clinical trials (RCTs). It holds a class 1 CE mark and a TGA certification, it adheres to the highest security standards, is highly scalable, and is already configured to treat individual disorders. Monsenso also possess the ISO 13485 and 27001 certifications and is HIPAA compliant.



## Solution features



### Smartphone app for policyholders

- Self-assessments
- Sensor data collection
- Questionnaires
- Triggers and warning signs
- Medication compliance
- Visualisation and motivational feedback
- Access CBT content for self-help



### Web portal for telehealth consultant

- Hosts specialised CBT content
- Overview and patient-specific dashboard
- Historical overview
- Triggers and Warning signs
- Medication compliance
- Notes



### Web portal for claims manager

- Statistical descriptors
- Correlation between behavioural data and illness progression
- Pattern analysis
- Risk assessment

Are you interested in learning more about how the Monsenso mHealth solution can help your company increase your customer database, improve customer satisfaction and reduce costs at the same time? Contact us to schedule an online demo!

✉ [info@monsenso.com](mailto:info@monsenso.com)

☎ +45 30 25 15 26

🌐 [www.monsenso.com](http://www.monsenso.com)



[1] **Gartner Says Worldwide Smartphone Sales Grew 7% in Fourth Quarter of 2016.** Gartner. (2017, February 15)  
<http://www.gartner.com/newsroom/id/3609817>

[2] **New report finds more than 165,000 mobile health apps now available, takes close look at characteristics & use.** Satish Misra, MD. iMedicalapps. (2015, September 17) <http://www.imedicalapps.com/2015/09/ims-health-apps-report/>

[3] **Two-thirds of Britons have had mental health problems.** The Guardian. Haroon Siddiqi. (2017, May 8)  
[https://www.theguardian.com/society/2017/may/08/two-thirds-of-britons-have-had-mental-health-problems-survey?CMP=share\\_btn\\_tw](https://www.theguardian.com/society/2017/may/08/two-thirds-of-britons-have-had-mental-health-problems-survey?CMP=share_btn_tw)

[4] **British workers among the most stressed in the world.** The Telegraph. Georgia Graham. (2014, Feb 14)  
<http://www.telegraph.co.uk/news/health/10629374/Over-a-million-people-with-mental-health-issues-are-out-of-work-and-claiming-benefits.html>

[5] **More than half of NHS patients display symptoms of relapse after depression treatments, study finds.** News Medical Life Science. (2017 May 3)  
<http://www.news-medical.net/news/20170503/More-than-half-of-NHS-patients-display-symptoms-of-relapse-after-depression-treatments-study-finds.aspx?showform=printpdf>

[6] **Legal & General group protection payouts rise.** FT Adviser. Simoney Kyriakou. (2017, May 2).  
<https://www.ftadviser.com/protection/2017/05/02/legal-general-group-claim-payouts-rise/>

[7] **Nearly half disability benefit claimants have a mental illness.** The Telegraph. Steven Swinford. (2015, 21 May).  
<http://www.telegraph.co.uk/news/health/11622166/Nearly-half-disability-benefit-claimants-have-a-mental-illness.html>