

Fact sheet

PRODUCT OVERVIEW

BETTER MENTAL HEALTH TO MORE PEOPLE

Monsenso is an innovation leader in digital health for mental illnesses. Our mission is to empower and inspire individuals, caregivers and care providers to improve mental health and help society overcome the burden of mental illnesses.

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THE MONSENSEN SOLUTION

The Monsense digital health solution for mental illnesses is a clinically validated solution. It is classified as a class 1 CE device, holds Cyber Essentials and ORCHA Certifications, and is HIPAA compliant. Additionally, Monsense A/S holds the ISO 13485 and the ISO 27001 certifications.

Patient-oriented outcomes

- High compliance rate to daily self-assessments (75-93%)
- Secure connection to clinician and treatment team
- Helps patients cope with their illness, increased engagement, and illness education
- Supports stepped learning of therapy programs
- Perceived very user-friendly, and highly useful by patients and clinicians

Adaptive leading technology

- Generates multiple accurate outcome measures
- Provides a 2-way data visualization and supported therapy delivery
- Multiple configurations allowing therapy support across conditions and therapy areas.

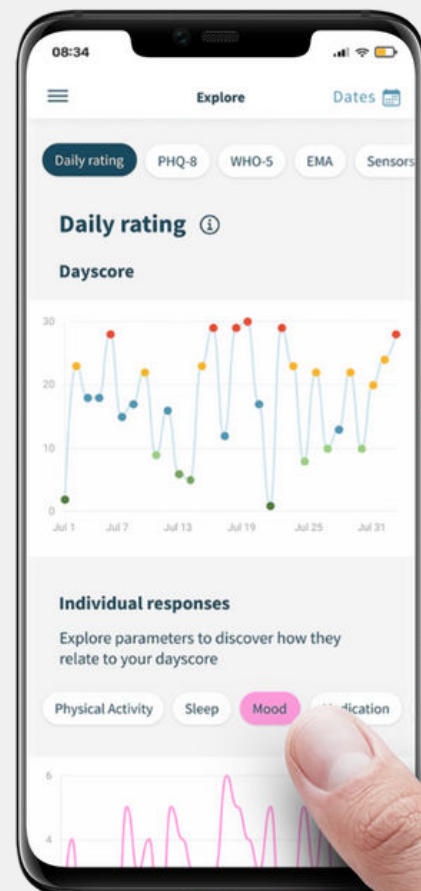
EMPOWERING THE CLINICIAN

- Easy monitoring and triage based on self-assessed symptoms and passive sensor data collection
- Ability to host and deliver personalised programmatic therapy content
- Advanced 2-way communication and treatment delivery
- Dynamic synchronisation between clinicians' portal and users' smartphone app
- Preparatory and post-consultation patient feedback

PERSONALISING MENTAL HEALTH CARE

The Monsense digital health solution is redesigning the treatment of individuals with a mental disorder by collecting their health-related data and sharing it with their clinician. The data allows the clinicians to further optimise the treatment and can help in the prevention, early intervention and treatment of mental illness or behavioural disorders.

Our aim is to help individuals struggling with their mental health to get the right care, at the right time.



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THE PATIENT JOURNEY

At the point of referral or at the appropriate time an individual is prescribed access to a smartphone app that combines daily patient self-assessment, diary entry, hosted clinical scales, with sensor data gathered from the smartphone and wearables, to provide an accurate overview of a patient's wellbeing.

The automated onboarding process provides insight into the app, its contents, and the expectations of its use with the treatment team.

The chosen configuration is based upon the profile assigned by the clinician, so an individual being treated for depression would access a different configuration than someone being treated for GAD or OCD. Not only would the configuration vary but so would the outcome measures and the treatment content host within.

The Monsenseo smartphone app can also help patients through psychoeducation content, challenges and tools to gain insight into their illness.

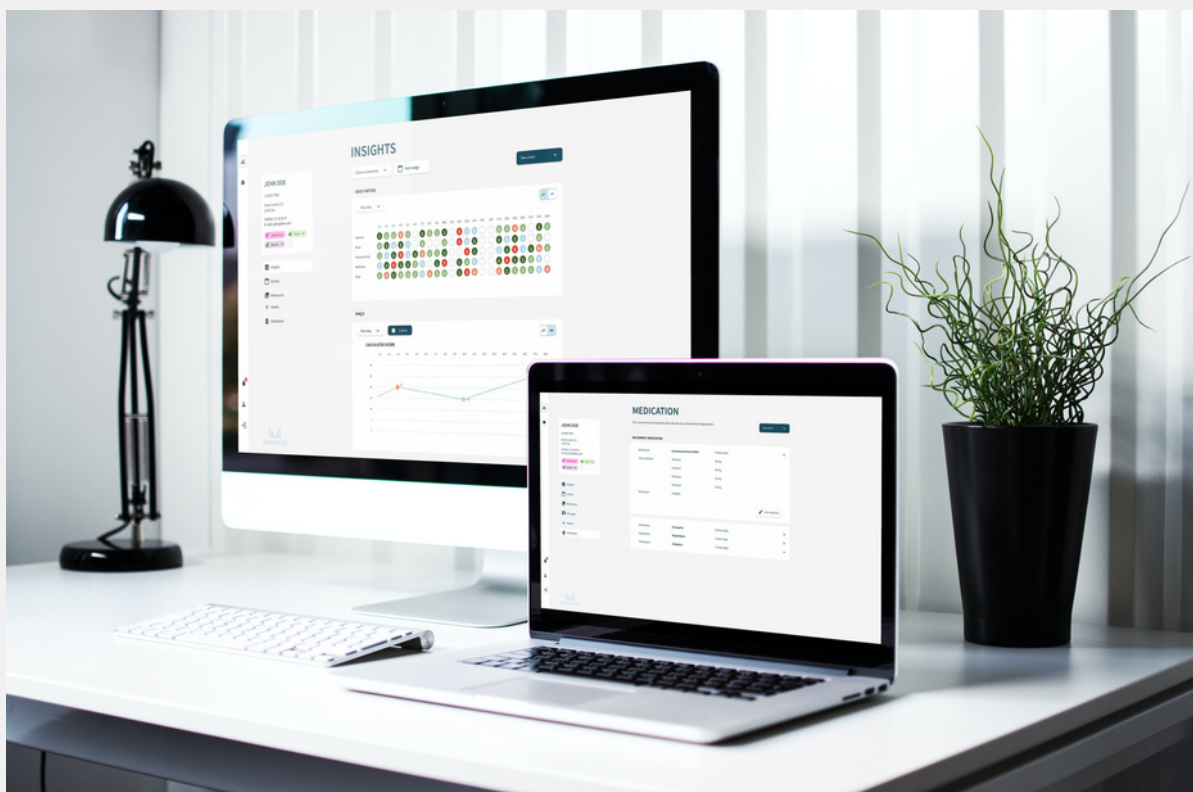
In the case of an emergency, patients can access customised action plans that assist them to cope with their symptoms.

The clinical web portal provides historical personalised information on each patient, providing an overview of their patients' illness progression, symptoms, and medication compliance.

The technology provides clinicians with an insight into the correlation between a patient's behavioural patterns and the illness, enabling them to provide more efficient treatment.

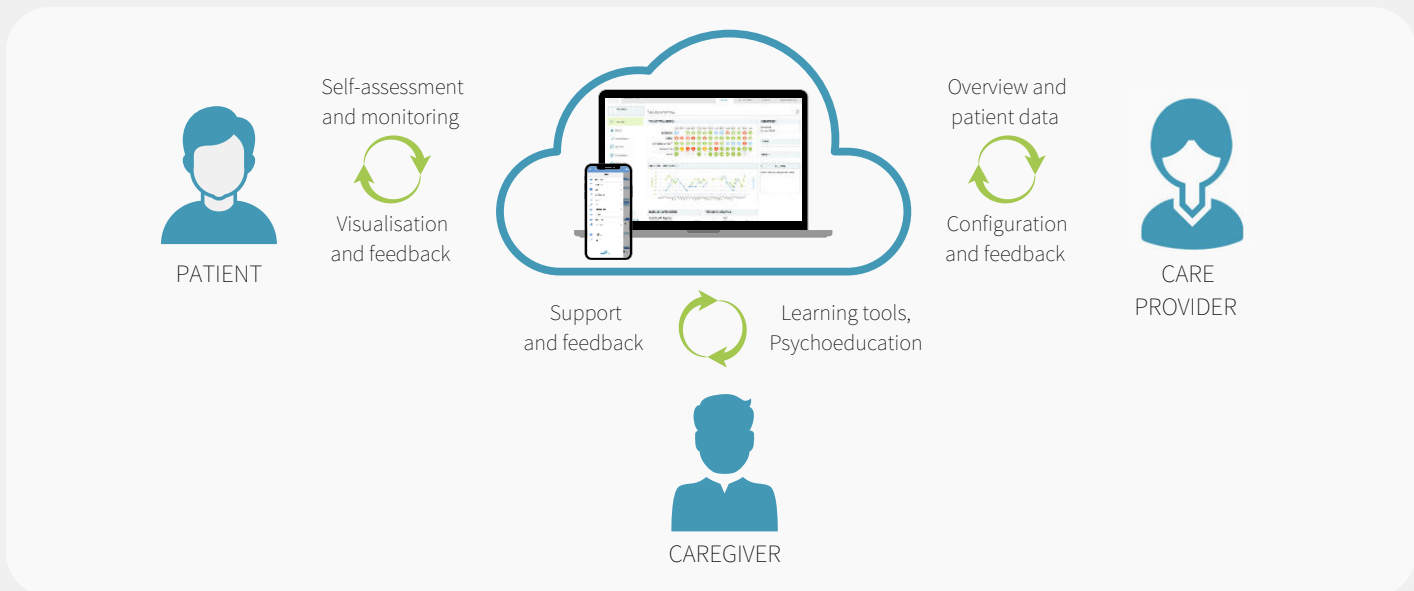
The clinician can connect with the user via secure messaging functionality.

The modular platform allows for a highly customisable delivery of treatment plans in the form of psychoeducational content and self-management tools.



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PATIENT APP

- Self-assessments and questionnaires
- Sensor data collection from phones and wearables
- Reminders on medication and sessions
- Visualisations and motivational feedback
- Psychoeducation and Cognitive Behavioural Therapy (CBT)
- Secure messaging

DATA ANALYTICS

- Historical aggregation of health and behavioural data
- Statistical descriptors
- Correlation between behavioural data and illness progression*
- Pattern analysis*
- Predictive analytics and mood forecasting*
- Risk assessment

*Research purposes only

CLINICAL PORTAL

- Visualization of patient data
- Patient dashboard
- Historical overview
- Correlation analysis*
- Notes/medical record keeping
- Securing messaging
- Shared decision making (session planning)

*Research purposes only

WHAT USERS SAY

“The system is a great tool to treat patients! It provides me with more insights on how a patient is feeling and it supports a much faster intervention.”
- Nurse

“The system helps me to become more aware of the things that affect my condition, and it helps me to have a more stable life”.
- Patient

Now, our conversations are facilitated by data in the system. This is especially useful with patients who have a hard time talking about their experiences.”
- Nurse