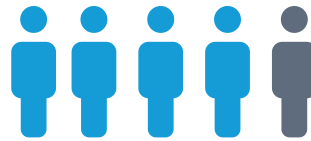
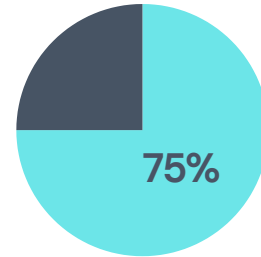


Americans Face Chronic Physical & Mental Health Crisis

As health concerns continue to rise, Americans are increasingly receptive to self-management solutions offered by employers and digital tools.

Diagnoses

75% have been diagnosed with at least one chronic condition affecting their physical and mental health



Impact

80% agree or strongly agree that chronic conditions and mental issues have a significant impact on their everyday lives



Management

66% would manage their mental health condition with access to a digital self-management solution

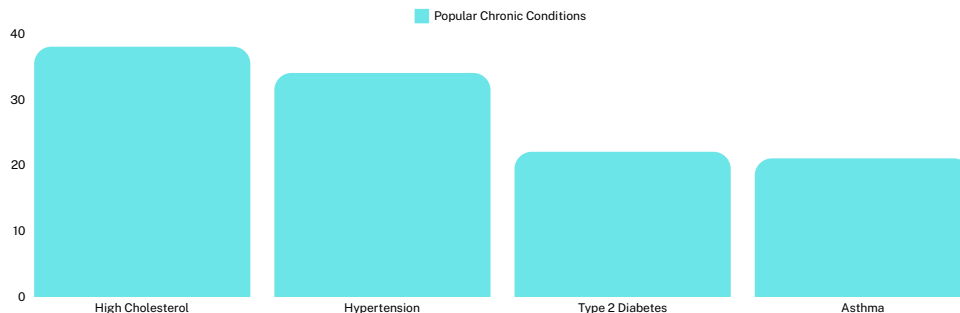
18%

67%

Preferences

67% prefer managing their conditions with their primary care physician, while only 18% favor digital or AI-based solutions

Frequency



The most popular chronic conditions are high cholesterol (38%) and hypertension (34%), followed by Type 2 diabetes (22%), and asthma (21%)