

Wellmind Health launches digital arthritis pain management program with Versus Arthritis

Digital treatments platform Wellmind Health has partnered with charity Versus Arthritis to develop the unique Pathway through Arthritis digital pain management program

LONDON, TUESDAY 26th SEPTEMBER : [Wellmind Health](#) has officially launched [Pathway through Arthritis](#), a unique arthritis pain management program developed with the UK's largest arthritis charity [Versus Arthritis](#), at the HETT Show in London.

The specialised web-based program, a Class I medical device and DTAC compliant, is delivered through Wellmind Health's NHS-commissioned Digital Treatments as a Service (DTaaS) platform. It was conceived to help individuals with different forms of arthritis, including osteoarthritis, rheumatoid or psoriatic arthritis. By empowering self-management of persistent pain it aims to reduce the impact of these conditions on daily life.

With over 10 million people in the UK with the condition, the cost of arthritis to society is vast. People with arthritis are 20% less likely to be in work than someone without arthritis, and one third of people with rheumatoid arthritis quit work within 5 years of diagnosis. Musculoskeletal (MSK) conditions like arthritis account for 1 in 7 GP consultations. Total annual NHS spend related to arthritis and musculoskeletal conditions in England is roughly £5billion and with an ageing population and rising rates of obesity these figures are expected to grow.

Designed in partnership with Versus Arthritis, the Pathway through Arthritis program teaches participants a new approach to arthritis pain through the practice of clinically employed pain self-management techniques, exercise, lifestyle changes and cognitive approaches led by a multi-disciplinary team of experts.

Health outcomes are measured during and after the program using clinically recognised self-reporting assessments for Disability (ODI), Health State (EQ VAS), Depression (PHQ-9) Anxiety (GAD-7) and the newly developed Musculoskeletal Health (MSK-HQ). Participants who have trialled the platform have reported overall improvements in health, anxiety and depression.

Zoe Chivers, Director of Services and Influencing at Versus Arthritis, said, "Living with arthritis is not just about 'having a few aches and pains'. For some, it can have a profound impact on life. Many with the condition are facing long waits for diagnosis, treatment and surgery. Without the right support, this can place a huge strain on mental wellbeing. Through our partnership with Wellmind Health, we're excited to bring people innovative technology and tools that can make a big difference to their lives in managing arthritis, and to support our healthcare services across the country."

Wellmind Health provides drug-free digital treatments for better mental health and pain management. Clinical-grade digital therapies Be Mindful and Pathway through Pain have been deployed across NHS services for over a decade with full healthcare regulatory compliance. Programs deliver significant and measurable long-term improved health outcomes, with real-time engagement and clinical outcome reporting delivered through the secure, web-based management portal.



Mark Hunt, CEO, Wellmind Health, said, “It has been excellent to work with the team at Versus Arthritis to develop this specialised pain-management program. With over 10 million people in the UK alone living with arthritis, it is a huge issue for healthcare systems as well as for each individual. With no cure at present it is vital we support individuals to self-manage their arthritis conditions, to improve their quality of life and reduce drug over-prescription and the pressure on healthcare services.”

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Notes to Editors

About Wellmind Health

Wellmind Health has pioneered Digital Treatments as a Service (DTaaS) for over a decade. The company’s proprietary cloud-based DTaaS platform is designed exclusively for scalable development, deployment and delivery of digital treatments, with real-time patient and clinical data available through a unique management portal. NHS-commissioned clinical-grade treatments for better mental health and pain management deliver long-term improved health outcomes, health system benefits and in-year cost savings.

The secure web-based Management Portal delivers best-in-class functionality and world-leading clinical data. Clinicians and therapists can manage program participants, monitor engagement and satisfaction in real time, and report on their self-assessed health outcomes using a variety of clinical outcome measurements at granular and aggregated levels. The company has full healthcare regulatory compliance.

Pathway through Pain and **Be Mindful** web-based programs are designed and delivered by experts and clinically proven to deliver significant and measurable long-term results. Program completers achieve outstanding reductions in levels of depression, stress and anxiety and significant lasting improvements in the self-management of chronic pain. The new **Pathway through Arthritis** program, designed with the UK’s largest arthritis charity Versus Arthritis, is clinically designed to empower patients living with different types of arthritis, including osteoarthritis, rheumatoid and psoriatic arthritis, to better self-manage their condition and symptoms.

Wellmind Health’s founders first launched **Meditainment**, their original library of guided meditations, after recognising the incredible potential of digital mental health training when connecting their background in web production with efforts to improve their own mental health. Meditainment’s evidence-based immersive meditations enjoy a 5-star Trustpilot rating and are an integral part of Pathway through Pain.

The Wellmind Health team is dedicated to providing high-quality digital interventions, analytics and reporting that improve outcomes and make a real and lasting impact on real lives, healthcare services, companies, and society.

<https://www.wellmindhealth.com>

About Versus Arthritis



Versus Arthritis is the UK's largest arthritis charity, changing lives through research, campaigning and support. Over 10 million people in the UK have arthritis - that's one in six living with the pain, fatigue and disability it can cause. The impact of arthritis can be huge, affecting the ability to work, care for family, move free from pain and live independently. Together with researchers, healthcare professionals, policymakers, supporters and volunteers, Versus Arthritis works tirelessly to make sure everyone with arthritis has access to the treatments and support they need, to live the life they choose, with real hope of a cure in the future.

Versus Arthritis offers a comprehensive support service for people with arthritis, including a helpline, health information, physical activity programmes, local support groups and an online community, so no one has to face arthritis alone.

www.versusarthritis.com