Digital therapeutics platform Wellmind Health appoints Professor Lee Smith to Board

Wellmind Health welcomes Lee Smith Ph.D., a Professor of Public Health, as Clinical and Academic Advisor supporting research development

Brighton, 20 September 2022: Wellmind Health, the digital therapeutics platform providing courses for better mental health and pain management, has announced that Professor Lee Smith will join its Board as Clinical and Academic Advisor. The appointment will further enhance the company's laser focus on healthcare regulatory compliance and clinical impact.

Professor Smith, who has a research focus on the impact of lifestyle behaviours on mental and physical health, is Professor of Public Health at Angela Ruskin University (ARU). He has a PhD in Epidemiology from Cambridge University, has published over 600 peer-reviewed scientific papers, and is currently leading the Covid-19 research group for ARU.

Professor Smith said, "I am extremely excited to join the Wellmind Health Board. It is clear Wellmind is a leader in digital interventions for health, a sector that offers tremendous potential for health promotion, care, and treatment. The engagement and outcome monitoring and reporting of digital platforms is also incredibly valuable in achieving better health outcomes and supporting clinicians and healthcare staff. I look forward to working with the Wellmind Health team and advising on their ongoing research development programmes."

Wellmind Health's digital therapeutic courses and platform have been used by NHS services across the country for over a decade and are certified compliant with the Digital Technology Assessment Criteria (DTAC) digital health assessment framework developed by NHSX. Their clinical-grade digital therapeutics (DTx) Be Mindful and Pathway through Pain underwent expert independent assessment by ORCHA, the world's leading digital health evaluation organisation, across the five DTAC components.

Richard Latham, CEO of Wellmind Health, said, "I am delighted that Lee has agreed to join the Board of Directors of Wellmind Health in this critical period of development for the digital therapeutics industry. Lee brings invaluable public health perspectives and insights that will help us expand our product validation activities and bolster our mission to make a real and lasting impact on more services and people in need across UK health and social care sectors and wider society."

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Notes to Editors

About Wellmind Health

Wellmind Health has been a pioneer in digital therapeutics (DTx) for over a decade. The company's DTx platform and courses for better mental health and pain management have guided many thousands of participants and patients to long-term improved health outcomes and wellbeing, cost effectively with healthcare regulatory compliance.

NHS-commissioned, the **Pathway through Pain** and **Be Mindful** web-based courses are designed and delivered by experts and clinically proven to deliver significant and measurable long-term results. Course completers achieve outstanding reductions in levels of depression, stress and anxiety and significant lasting improvements in the self-management of chronic pain.

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.

About Be Mindful

Be Mindful is the only clinically validated digital therapeutic Mindfulness-Based Cognitive Therapy (MBCT) programme. Developed with the pioneers of MBCT, the confidential, on-demand and personalised web-based course helps people to take control of their mental wellbeing and better cope with stress and challenges in their lives.

Leading mindfulness teachers guide participants through instructional videos, interactive sessions, and mindfulness assignments at a pace they are comfortable with, as they learn with to naturally practice mindfulness in their daily lives. Be Mindful is effective as an early intervention for low mood, a clinical intervention for depression, anxiety, and stress, and to help maintain general wellbeing.

NHS-commissioned, it enables lasting improvements in mental wellbeing. Clinical and academic research demonstrates the outstanding results of this medication-free online intervention. Participants enjoy outstanding reductions in stress (68%), anxiety (58%) and depression (40%).

Be Mindful is listed on the EMIS App Library and has been independently assessed by ORCHA, the world's leading digital health evaluation organisation, as complaint with the NHSX DTAC, meeting rigorous NHS quality standards for clinical effectiveness, safety, security, usability, and accessibility. The course was highlighted for its high level of evidence

(Nesta standards) in a RAND report for Public Health England into workplace health and wellbeing. Be Mindful is a top-rated app for depression, anxiety, and stress on ORCHA's AppFinder, the world's leading digital health evaluation organisation.

About Pathway through Pain

Pathway through Pain is the only clinically validated digital Pain Management Programme (PMP). The flexible web-based course has helped thousands of people take control and better manage chronic/persistent musculoskeletal pain since its launch in 2011.

Pain medicine experts teach participants a new approach to pain, empowering self-management of pain for an improved quality of life with pain no longer in control. The Pathway is a standalone intervention or works in conjunction with existing treatments to help reduce the need for drug prescriptions and face-to-face appointments.

Published clinical research and outstanding participant feedback evidence a 24% reduction of problems in daily life and a 20% boost to quality of life, while 78% would recommend the Pathway to others with persistent pain. Pathway through Pain has been shown to deliver a 45% reduction in healthcare costs.

Pathway through Pain is listed on the EMIS App Library and has been independently assessed by ORCHA, the world's leading digital health evaluation organisation, as complaint with the NHSX DTAC, meeting rigorous NHS quality standards for clinical effectiveness, safety, security, usability, and accessibility. Pathway through Pain is the top-rated app for chronic pain on ORCHA's AppFinder.

About Meditainment

Meditainment is an evidence-based course of immersive guided meditations, created to help participants become more relaxed, rested, and inspired. First in the Wellmind Health family and clinically validated as an integral feature of Pathway through Pain, the web-based course has received critical acclamation and outstanding user feedback for over a decade, and enjoys 5-star Trustpilot ratings, and complies with NHSX DTAC standards.

Meditation has many well-known benefits, including stress reduction, relaxation, calming the mind, pain and insomnia relief, reduced anxiety, improved mood and sleep quality, and a more positive outlook. Meditainment's unique blend of established guided meditation and visualisation techniques is enhanced with relaxing music and authentic sounds of nature to help transport participants on imaginative journeys to explore and reflect on a range of wellbeing topics.

The unique course of engaging, highly accessible guided audio meditations consists of three Voyages, each comprising six different meditation destinations, which promote better mental wellbeing in an inclusive and enjoyable way. The three Voyages have been crafted as a progressive journey with supportive emails sent to participants as they progress.