# State of Digital Health 2023



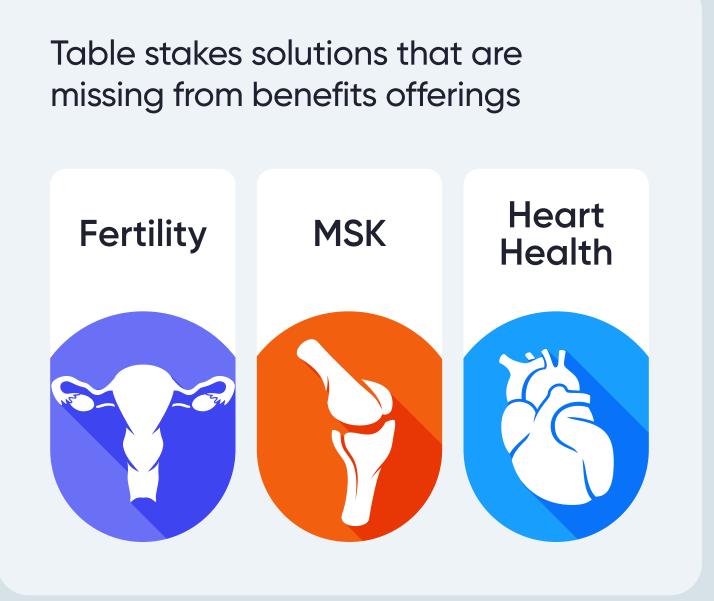
Organizations looking to add digital offerings can find it difficult to identify and implement the solutions that provide the broadest possible impact for a given employee population. To select the right tools, employers need to consider why they are choosing them and what they want those solutions to achieve.

- How do digital health tools fit within organizations' overall benefits strategies?
- What drives them to adopt new tools?
- What are the forces that influence their decisionmaking?

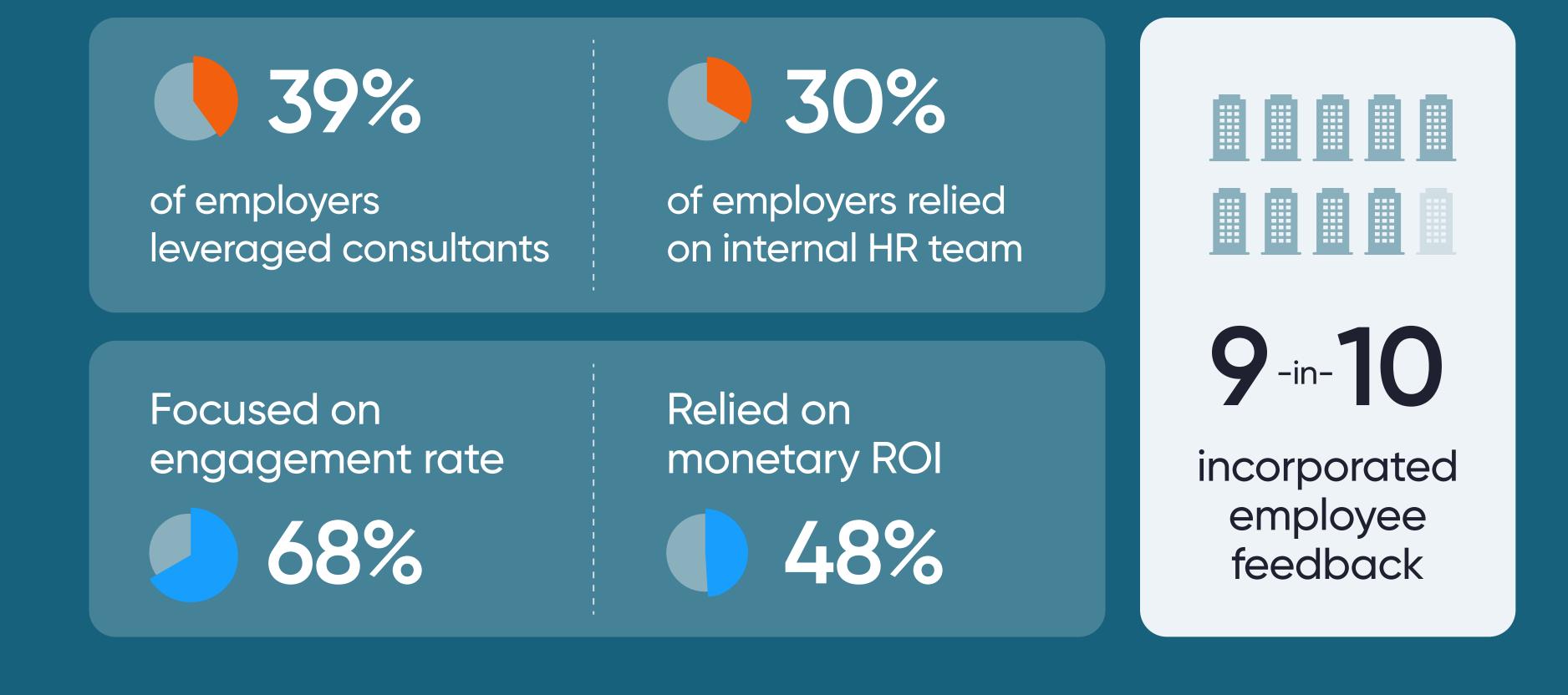
## What's Happening Today

Top 5 digital health solutions employers offer

- 1 Primary Care (Telehealth)
- 2 Mental Health/Behavioral Health
- **3** Healthcare Navigation
- 4 Wellness/Fitness
- 5 Diabetes



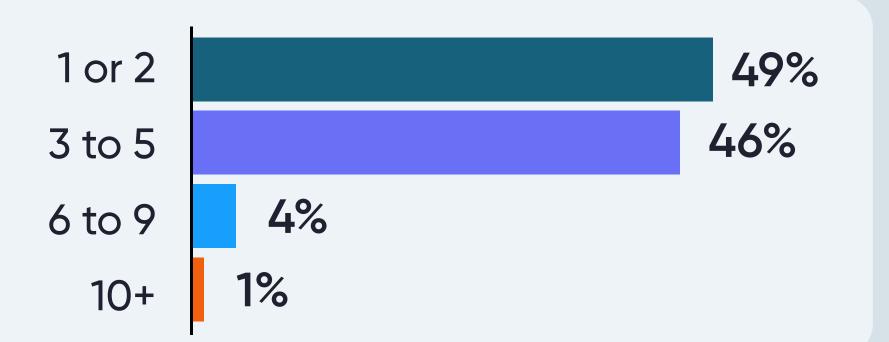
### **Digital Health Solution Selection Process**



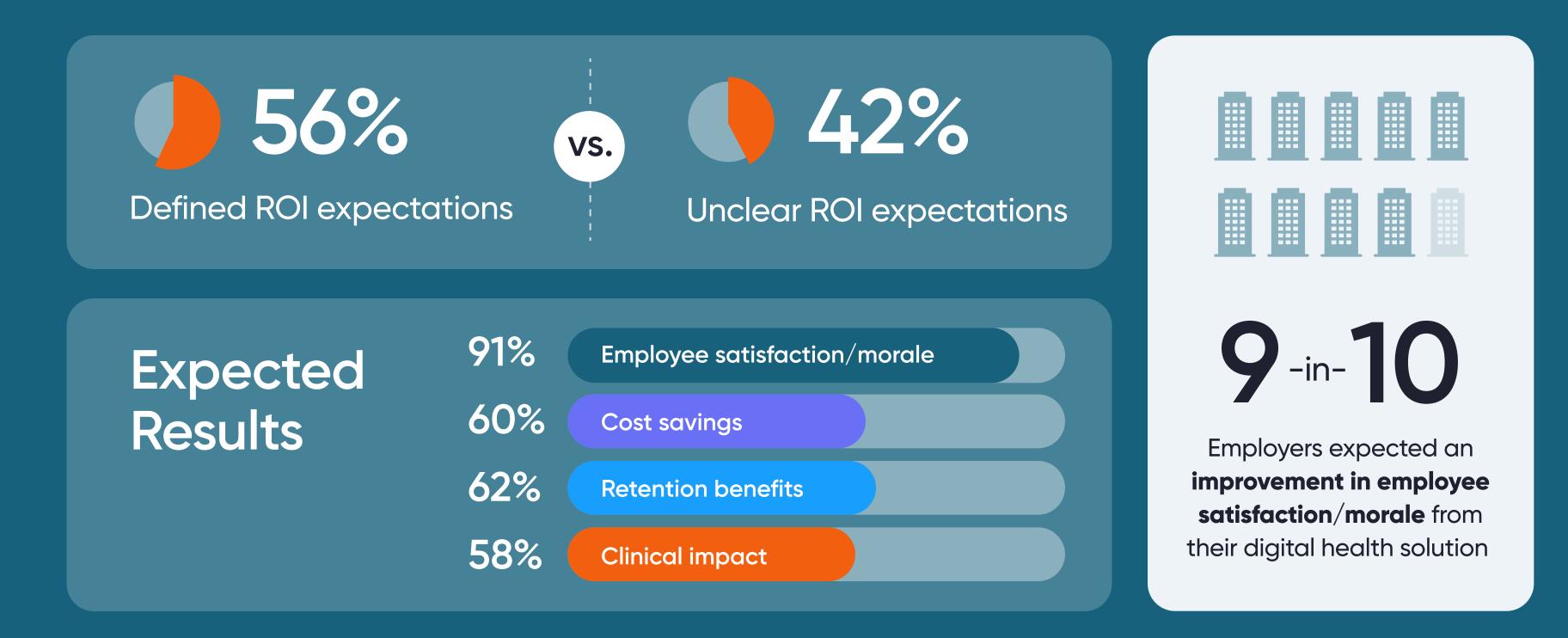
**Employer Perspectives on Current Digital Health Offerings** 

99% believe digital health is necessary to stay competitive believe digital health mitigates economic, social, and health issues believe digital health

Employers don't want to manage **more than 5** digital health point solutions at a time



### **Employer Expectations of Digital Health Solutions**



## **Did Digital Health Deliver?**

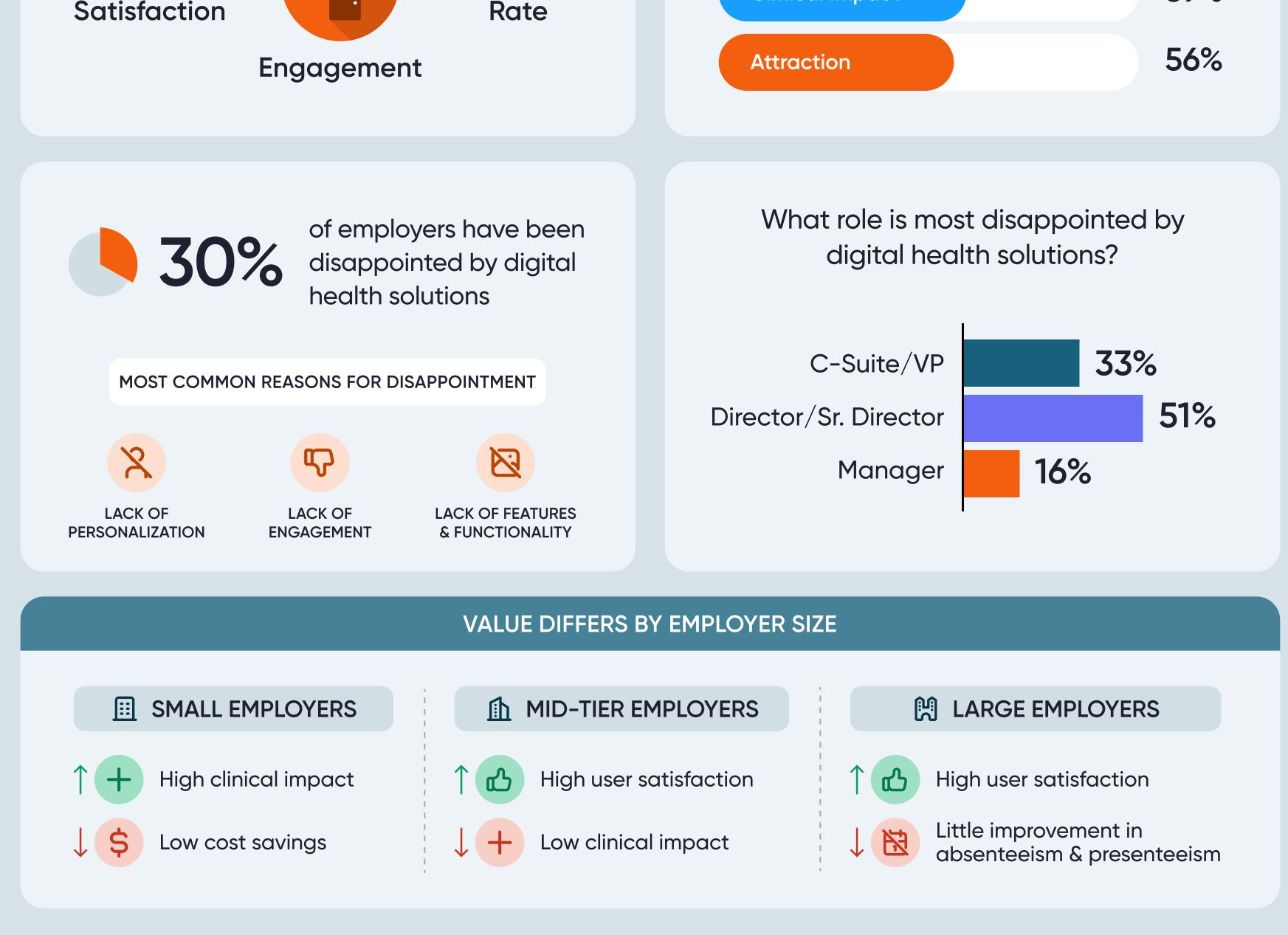
How do employers measure the value of digital health?
Employers report substantial improvement in these areas

User Satisfaction
73%

User Satisfaction
63%

Cost savings
63%

Statisfaction
59%



### About Dario

Dario is a leading digital health company revolutionizing how people with chronic conditions manage their health through a user-centric, multi-chronic condition digital therapeutics platform. Dario's platform and suite of solutions deliver personalized and dynamic interventions driven by data analytics and one-on-one coaching for diabetes, hypertension, weight management, musculoskeletal pain and behavioral health. Dario's user-centric platform offers people continuous and customized care for their health, disrupting the traditional episodic approach to healthcare. This approach empowers people to holistically adapt their lifestyles for sustainable behavior change, driving exceptional user satisfaction, retention and results and making the right thing to do the easy thing to do.

### etal pain and August of 2023 among 104 benefits decision-makers.

This was a blind data collection effort - Dario Health was not identified as a sponsor of the research.

This research was conducted by Arizent and Employee

Benefit News on behalf of Dario Health during July and

**Research Methodology** 

