



AlbumHealth

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WHY YEHS™? (YOUR EMOTIONAL HEALTH SCORE™)

Today, most people know that taking care of their mental health is important - but they do not know much more than that. They know that working out can help their emotional health, but they do not know which kind of exercise to do. They know that they need a plan, but they do not know how to make a plan. AlbumHealth and YEHS fill that gap. We bring users a plan that will meet their needs and help them achieve their goals, whether that goal is to reduce symptoms of depression, lose 5 pounds, or anything that they want to achieve that's related to their mental or physical health.



"Ninety-six million Americans, or 38%, have had to wait longer than one week for mental health treatments. And nearly half of Americans, or 46%, have had to or know someone who has had to drive more than an hour round trip to seek treatment"

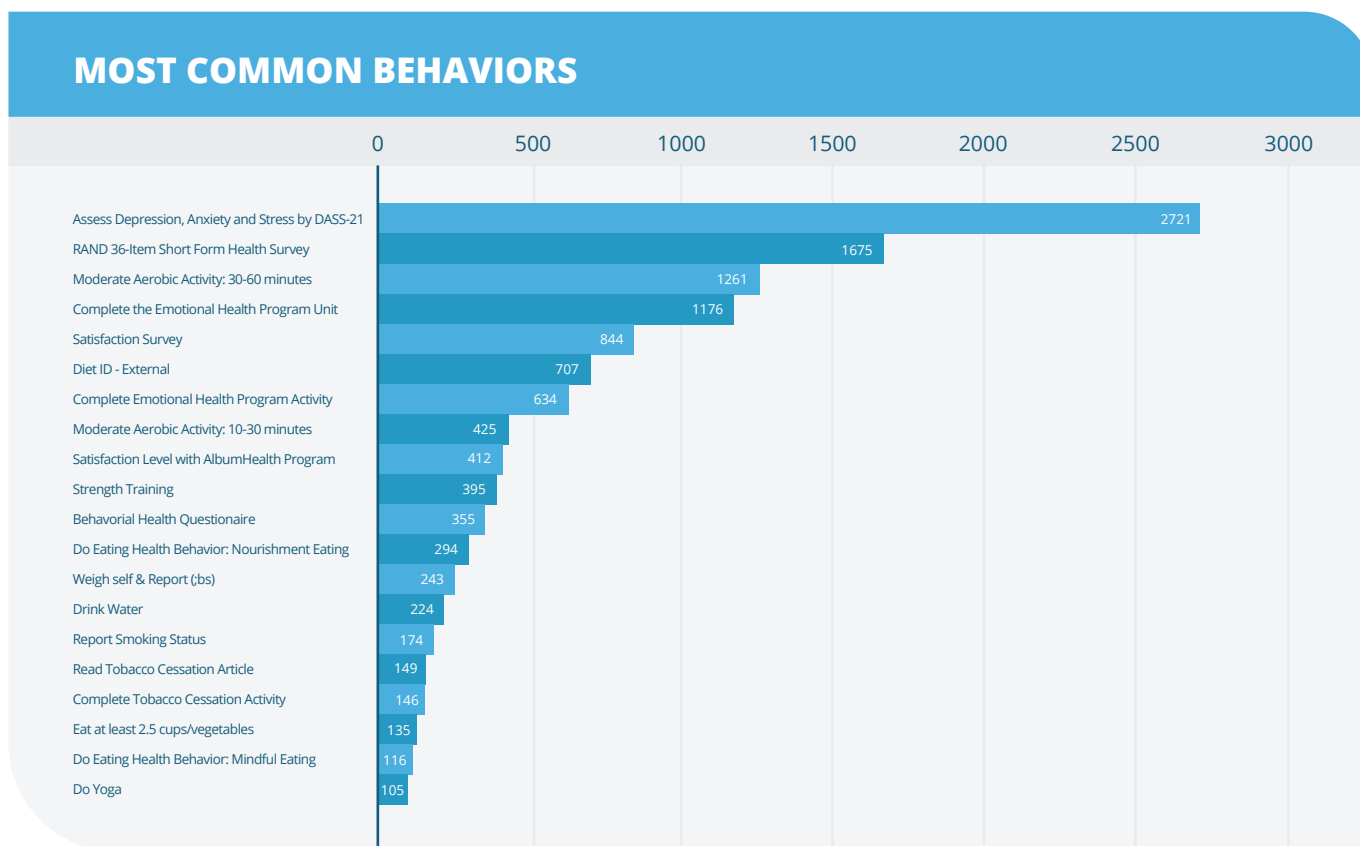
This gap in coverage, when paired with the fact that only 7% of people report utilizing telehealth services indicates an important gap in service in the mental healthcare industry (The National Council, 2022).

WHY YOU?

Our data tells us that you could be pretty much anyone. Thus far, thousands of people have used our product, and we've learned that people of all ages and backgrounds have found success. Our oldest user was 89 years old, our youngest user is 21 years old, with an average age of 47 years old. We know that improving mental health helps everyone and everything, so we are happy to see a wide range of people use our product, and we hope that you'll see that this product can work for you as well.

THE YEHS APPROACH

YEHS is the first step. We help you create a plan that you like - one that meets your needs but still utilizes clinically validated treatments so that you can get a handle on your mental health. Here are our 20 most popular behaviors in a recent population:



As you can see, within any given category (fyi...we encourage considering behaviors related to medical health, emotional health, exercise health and nutritional health), like exercise for example, there are multiple choices that a user can make to meet their own unique goals. If you try moderate aerobic activity and don't like it? You can change it to strength training. Adaptability is one of the biggest strengths of YEHS, because we believe that mental health is not a one size fits all solution – and we deliver something that is tailored to you. We know that the standard treatment is often medication – and that's it. We see medication as a key part of many plans, but not as the only treatment patients should seek for their mental health.

YOUR YEHS

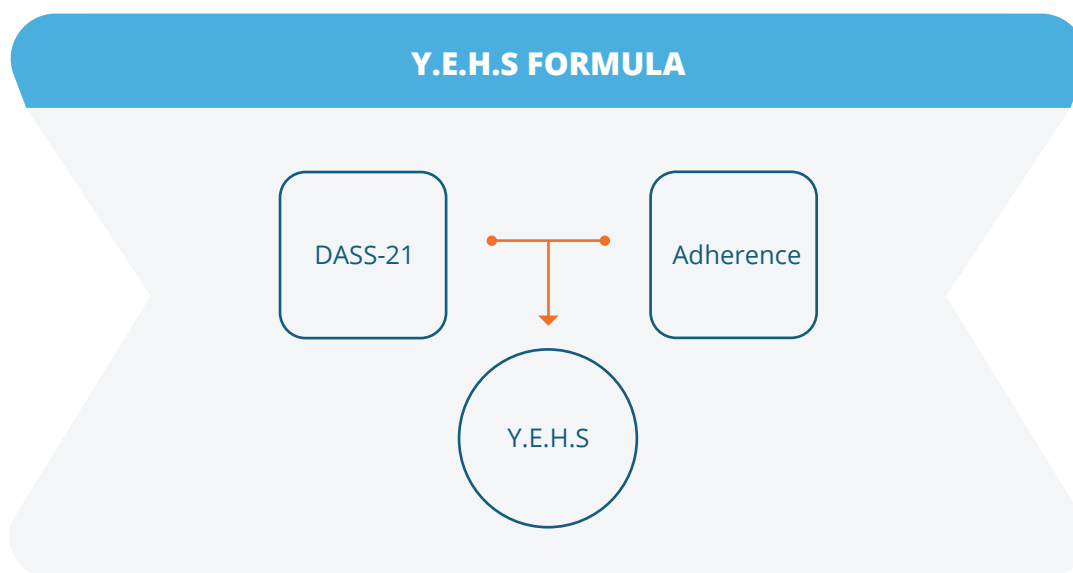
The average user of our product will have between 2 and 3 behaviors on their plan from the start. From there, we see that most users add between 3 and 4 behaviors to their plan as they find what works best for them. From there, we see that the average size of their plan (total number of behaviors) lands between 4 and 5. This illustrates that people are finding the solutions that work for them, so that they can stick to a plan for the long term.

HOW PLANS CHANGE



YEHS: MEANINGFUL MENTAL HEALTH MEASUREMENT

YEHS is the way that users track their progress. YEHS is an aggregation of a user's DASS-21 score (a clinical ratings scale used to evaluate symptoms of Depression, Stress, Anxiety) and Adherence, in other words, how often are they doing the behaviors on their plan.



We've arrived at YEHS because it just works, and because it is based on the two most important measures of how you're doing. DASS tells us whether you've seen improvement overall to your mental health symptoms, and adherence tells us whether or not you're following your plan.

Stay tuned for an in depth look at YEHS and an examination into what we've learned from the users of our product.

References

The National Council for Mental Wellbeing . (2022, September 20). *Study reveals lack of access as root cause for mental health crisis in America*. National Council for Mental Wellbeing. Retrieved November 4, 2022, <https://www.thenationalcouncil.org/news/lack-of-access-root-cause-mental-health-crisis-in-america/>