

Magellan Health's Computerized Cognitive Behavioral Therapy Software Given Highest Rating by SAMHSA's Program Review

SCOTTSDALE, Ariz.--(BUSINESS WIRE)-- [Magellan Health, Inc.](#) (NASDAQ: MGLN) today announced that software from its industry-leading Computerized Cognitive Behavioral Therapy (CCBT) suite has received the highest rating from the Substance Abuse and Mental Health Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). In its review, SAMHSA stated that the program "is effective... (and) yielded strong evidence of a favorable effect."¹ The review and analysis was of software from Magellan's proprietary suite of CCBT programs, a toolset that includes digital behavioral health 'smart screening' and CCBT programs. Magellan's CCBT software reviewed by SAMHSA is the only program of its kind to receive this rating posted on the newly designed NREPP site. Magellan's CCBT software was obtained as part of its acquisition of Cobalt Therapeutics, LLC in 2014.

"To positively impact the health and wellness of those we serve, Magellan offers cutting-edge, proven programs in a format that is convenient and easy-to-use," said Dr. Seth Feuerstein, chief medical officer, medical and digital innovation. "Furthermore, we use the power of data to drive innovation and continual program improvement. In addition to the numerous peer-reviewed clinical trials for Magellan's CCBT programs, we are pleased to have received this recognition from SAMHSA, which helps differentiate the highest quality programs from those that have not demonstrated the same level of attention to clinical quality and outcomes."

Magellan's CCBT software helps integrate both behavioral and physical healthcare in a collaborative model that enhances the delivery of services to underserved areas and to individuals who may find it challenging to find time to see a provider in-person. Magellan's CCBT programs are available in both English and Spanish, are designed to be culturally sensitive, support a range of literacy needs and can be accessed on most mobile devices.

Cognitive behavioral therapy (CBT) is a solution-focused clinical method used to help improve health, and its effectiveness has been demonstrated in thousands of clinical trials. Magellan's CCBT programs integrate the well-validated CBT approach into interactive modules for a variety of behavioral health conditions. Magellan's CCBT modules have also undergone numerous clinical trials in which they have matched, and in some instances exceeded, those reached by conventionally delivered CBT, including:

- A 52 percent reduction in symptoms for individuals who complete depression-focused programs.²
- A 63 percent reduction in symptoms for individuals dealing with anxiety.³
- An improvement for 80 percent of individuals dealing with insomnia.⁴

Currently, Magellan's CCBT programs are used in community mental health centers, federally-qualified health centers, as well as with commercially-insured and Medicaid populations. Magellan's software suite includes CCBT programs for mood (MoodCalmer™), anxiety, panic, and phobia (FearFighter™), sleep difficulty and insomnia (RESTORE™), substance and alcohol misuse (SHADE™), and obsessive compulsive disorder (OCFighter™).

"We understand that technology will continue to play an increased role in our healthcare ecosystem, and we are committed to leveraging technology in new and exciting ways to improve the health and wellness of those we serve," said Feuerstein.

About Magellan Health: Headquartered in Scottsdale, Ariz., [Magellan Health, Inc.](#) is a leader in managing the fastest growing, most complex areas of health, including special populations, complete pharmacy benefits and other specialty areas of healthcare. Magellan develops innovative solutions that combine advanced analytics, agile technology and clinical excellence to drive better decision making, positively impact health outcomes and optimize the cost of care for the members we serve — all within a customer-first culture. Magellan's customers include health plans and other managed care organizations, employers, labor unions, various military and governmental agencies and third-party administrators. For more information, visit [MagellanHealth.com](#).

¹ National Registry of Evidence-based Programs and Practices (2015). Substance Abuse and Mental Health Administration. Program Profile Completed On 11/20/2015 4:27:03 PM <http://nrepp.samhsa.gov/ProgramProfile.aspx?id=24>

² Greist, J. H., Osgood-Hynes, D. J., Baer, L., & Marks, I. M. (2000). Technology-Based Advances in the Management of Depression: Focus on the COPE Program. *Disease Management and Health Outcomes*, 7, 4.

³ Marks, I. M., Kenwright, M., McDonough, M., Whittaker, M., & Mataix-Cols, D. (2004). Saving clinicians' time by delegating routine aspects of therapy to a computer: a randomized controlled trial in phobia/panic disorder. *Psychological Medicine*, 34, 1, 9-17.

4 Vincent, N., & Lewycky, S. (2009). Logging on for better sleep: RCT of the effectiveness of online treatment for insomnia. *Sleep*, 32, 6, 807-15.

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