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For health professionals

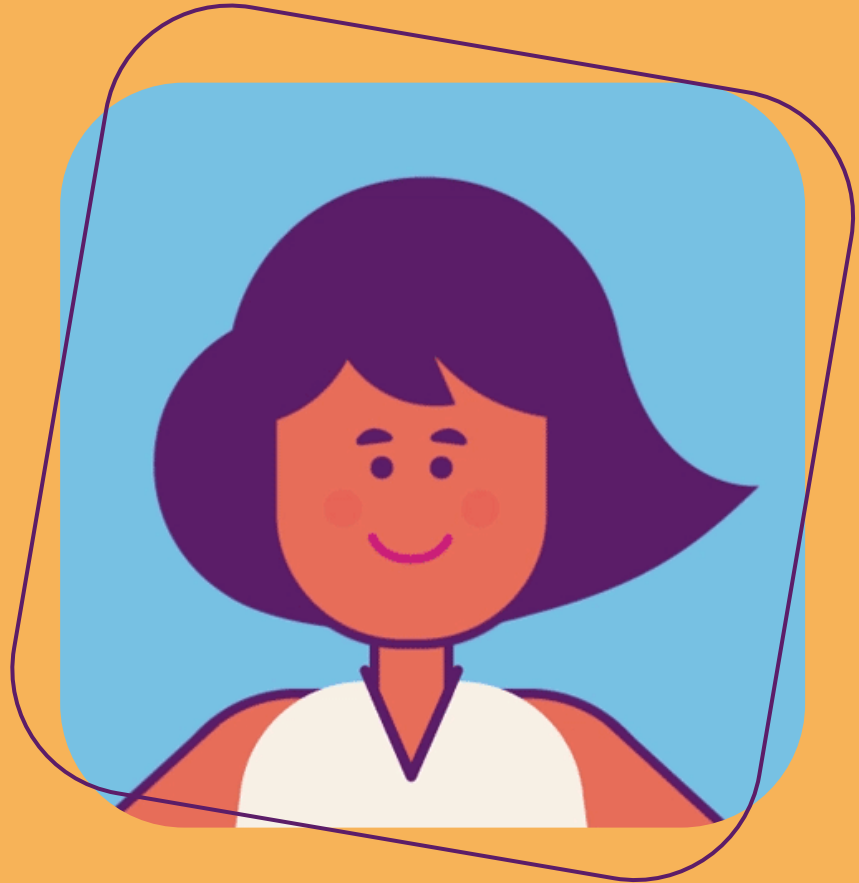


## The current problem

- **2M+ healthcare workers** in Brazil with high rates of work-related stress and mental health disorders
- **Impacting** individuals, health systems and quality of patient care
- Need to address **mental health** and **resilience** but, huge mental health treatment gap

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AI-Powered  
Virtual Mental  
Health Assistant





**MENTAL HEALTH  
CHECK-UP**



**SELF CARE  
via APP**



**CONVERSE with  
PSYCHOLOGIST**

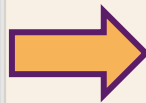
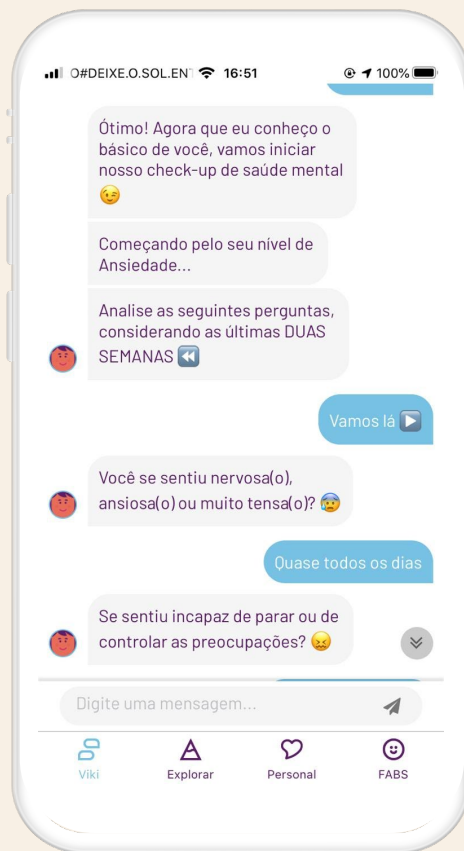
# Standardized questionnaires, personalized feedback

Validated scales to assess:

- **Depression** (PHQ-9)
- **Anxiety** (GAD-7)
- **Burnout** (OBLI)
- **Resilience** (RS-14)

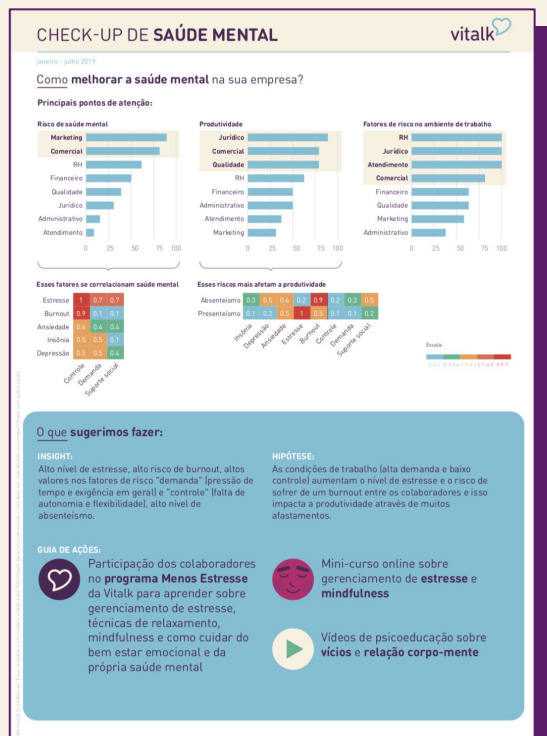
Providing the user with  
**personalized feedback**

Interactive **conversation** and  
**gamification**, less than 10  
minutes to complete.

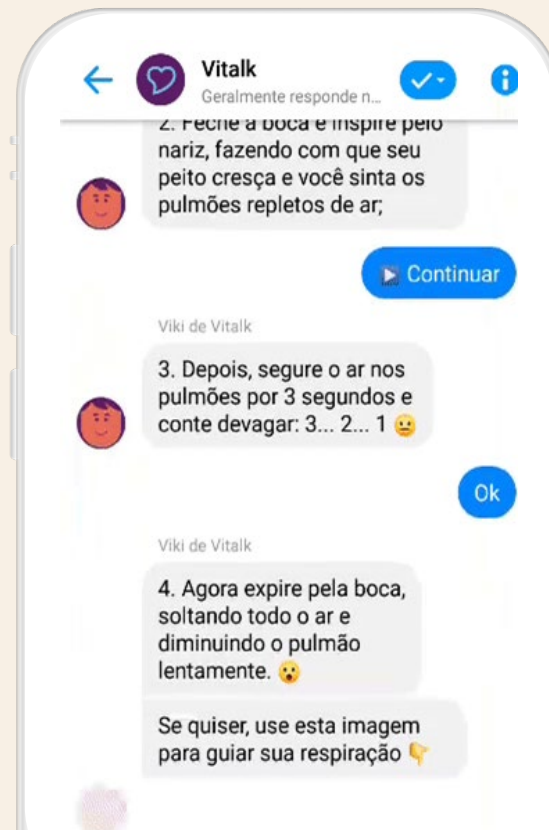
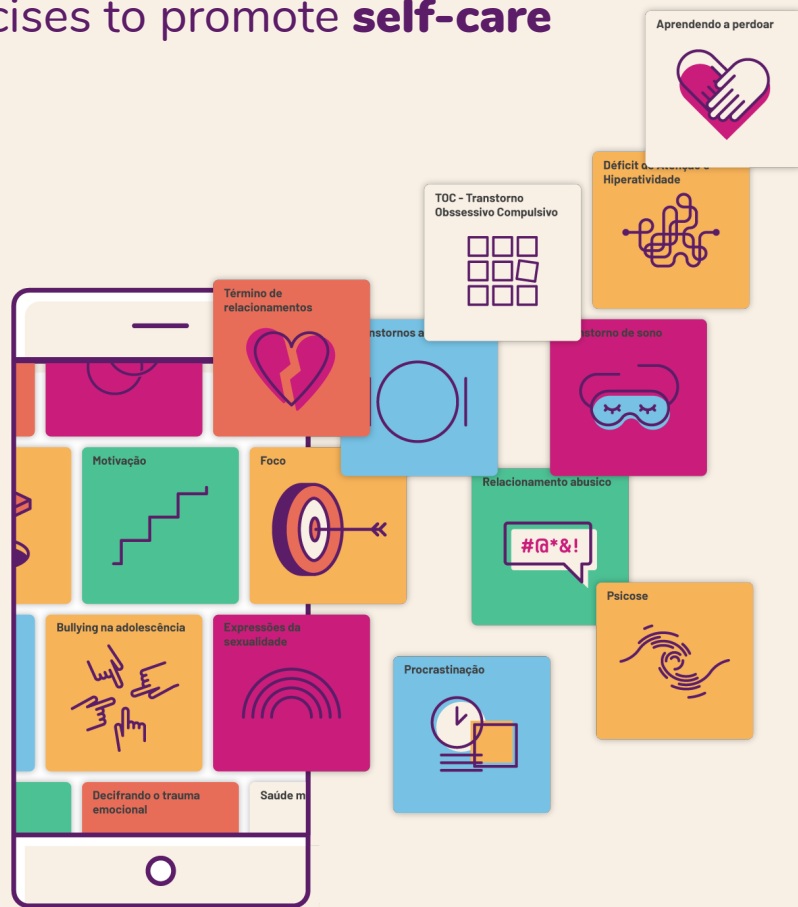


# Organizational Insights

- Public & private health systems
- Aggregated data
- Anonymous and confidential
- Offers insights and recommends organizational level strategies



# Evidence-based psychoeducational exercises to promote self-care



## Self Care Programmes based on personal objectives



Relationships

Less Anxiety

Better Mood

Less Stress

COVID-19

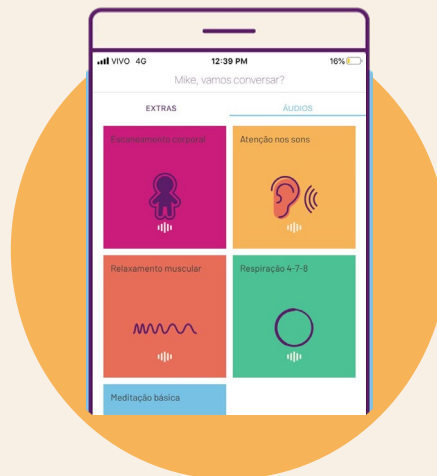
**CORE CONTENT:** Mood tracking, cognitive restructuring, relaxation, breathing, mindfulness, gratitude and appreciation, self-compassion, worry management, coping skills (emotional, problem and life focused). All written by **clinical experts** and **UX team**.



# Self Care Interventions made for Healthcare Professionals



Additional on-demand conversations

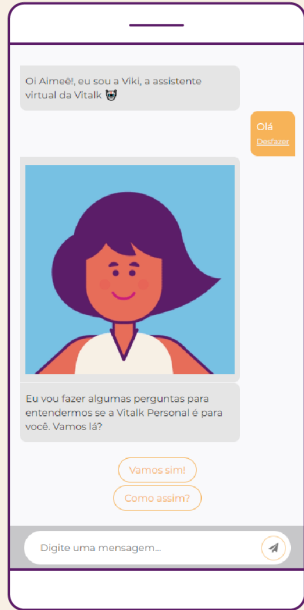


Various audio exercises



SOS - immediate tools and links to support

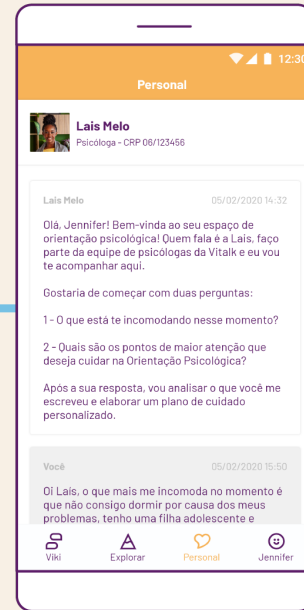
# Asynchronous **conversations** with a **Licensed Psychologist**



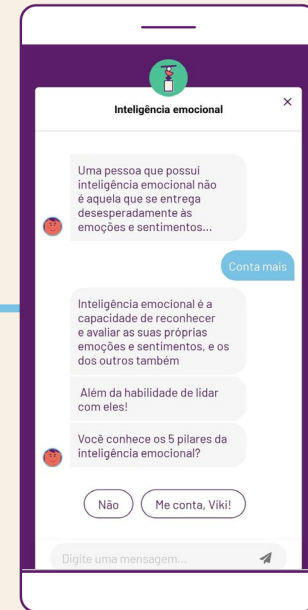
Check-up



Care plan



Text-based Therapy



Bot-assisted



@oivitalk



## What next

- Reach 20K healthcare workers in 2020
- Translate into other languages
- Continue to develop content & AI capabilities



# Obrigado!

Thank you!

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[www.vitalk.health](http://www.vitalk.health)