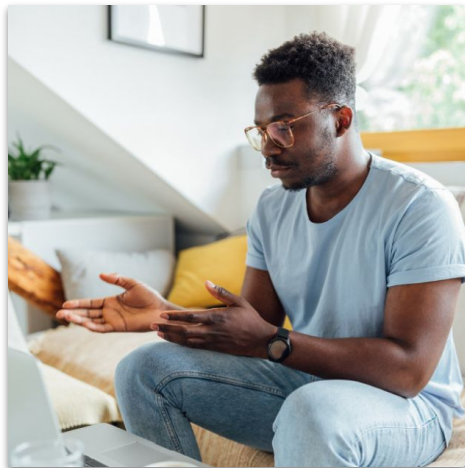




An in-network healthcare provider group enabled by technology delivering reliable access to high quality mental health services

13,000+ providers nationwide



Ages **5 years old** and above

Rula makes it easy for people to find a therapist who meets their preferences, is in-network with their health plan, and has availability this week.



Rapid Availability

24/7 online scheduling means patients can schedule their first appointment in <5 min

3 days

Average time to 1st offered appointment



Curated Matching

Members can select providers based on multiple dimensions (e.g., gender, language, ethnicity, specialty)

92%

Therapeutic Alliance based off >500k potential permutations (gender, specialty)



Clinical Excellence

Clinical support system focused on ensuring therapists meet quality of care expectations

68%

clients complete treatment in less than 16 sessions



Measurable Outcomes

Weekly use of measurement based care to track progress and drive treatment planning

30-40%

improvement in PHQ9 (depression) and GAD7 (anxiety) scores after 90 days



Get started today at www.rula.com/aetna

