

Express Scripts Includes Learn to Live on Industry-First Digital Health Formulary

MINNEAPOLIS, MN December 12, 2019 – Express Scripts announced this week that Minneapolis-based Learn to Live—a national leader in the digital delivery of evidence-based cognitive behavioral therapy (CBT) tools—will be included on their industry-first Digital Health Formulary.

“We’re proud to be included on the industry-first Express Scripts Digital Health Formulary,” said Learn to Live CEO and co-founder Dale Cook. “Learn to Live’s programs are part of the fast-growing segments of health care and bring effective and intuitive solutions to those who may lack access or are hesitant to pursue support for their emotional health.”

The Express Scripts Digital Health Formulary will help employers and health plans connect patients simply and affordably to the programs and digital therapeutics that work best for them.

“We are setting the bar high for clinical effectiveness, user experience and financial value for these solutions, while also combining coverage into the pharmacy benefit and providing patients with expert support from Express Scripts specialist pharmacists,” said Mark Bini, Express Scripts Chief Patient Experience Officer.

About Learn to Live

Learn to Live is the leader in tackling emotional health challenges through customizable and scalable consumer-centered technology via both web and mobile delivery. Their programs are self-directed, providing self-help information and skill-building lessons based on the fundamentals of cognitive behavioral therapy. Each program is designed to help individuals who may be experiencing stress, depression, social anxiety, and insomnia. The company designs solutions that reduce stigma, alleviate access barriers and limit financial concerns for those seeking help. Learn to Live has helped tens of thousands of individual consumers and partners with organizational clients in the health plan, employment, and higher education sectors. Through these partnerships, Learn to Live now covers over 3.5 million members. This year, the *Observer* chose Learn to Live as one of its 20 Hottest Health Startups. For more information, visit: <https://www.learntolive.com>

About Express Scripts

Express Scripts is a health care opportunity company. Empowered by our legacy as an industry innovator, we dare to imagine — and deliver — a better health care system with greater choice, predictability, affordability and improved outcomes. From pharmacy and medical benefits management, to specialty pharmacy care and everything in between, we uncover opportunities to make health care better.

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