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<https://vimeo.com/261960738>



Affordable, quality mental health support
using psychological artificial intelligence.



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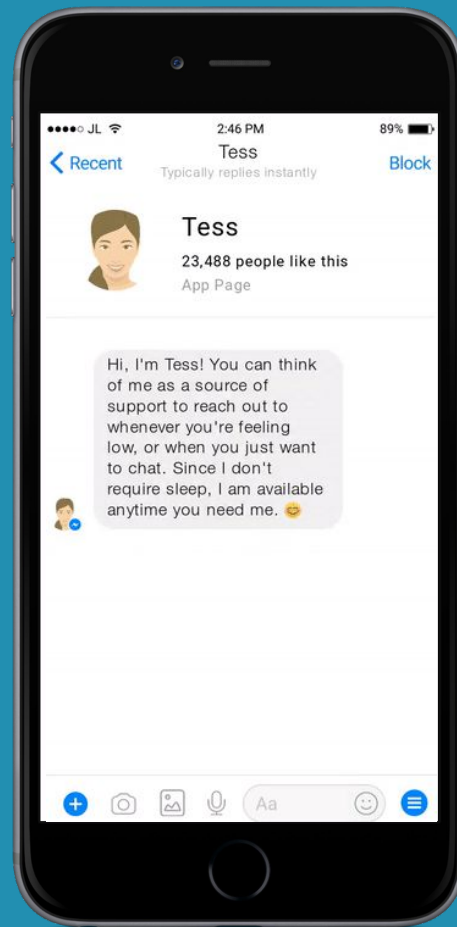
Meet Tess

Mental Health Chatbot which delivers emotional wellness coping strategies.

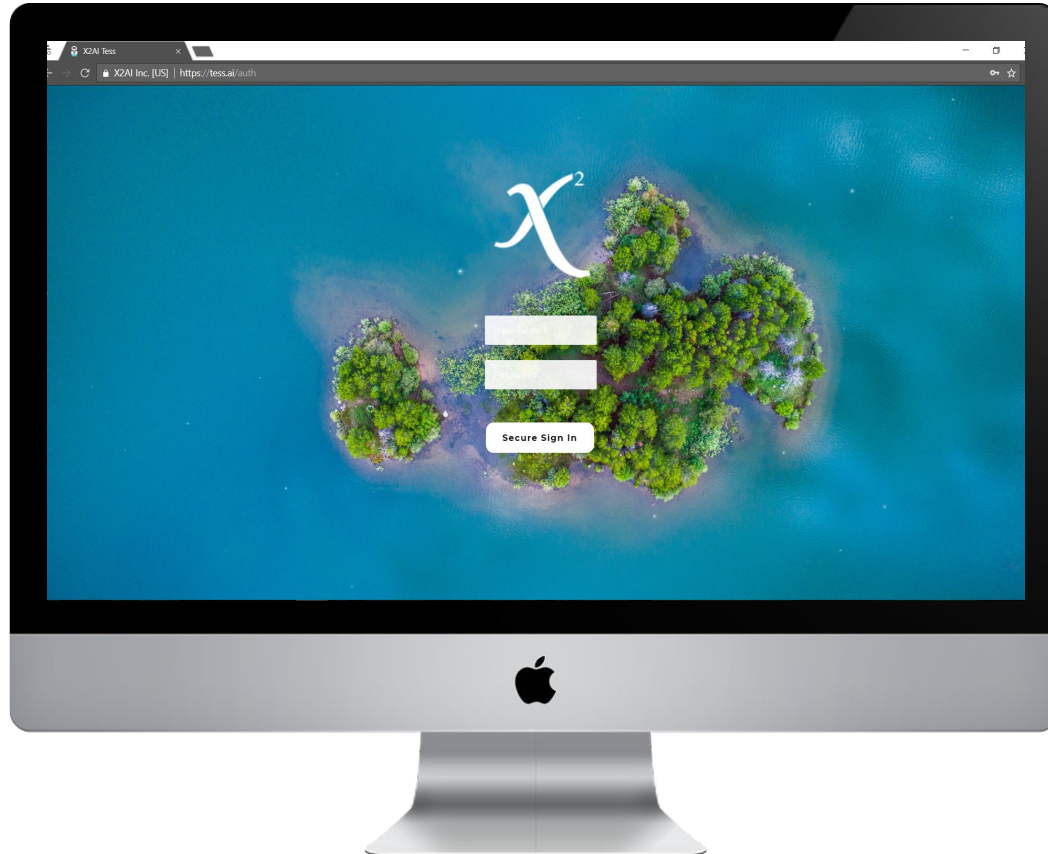
- 3 million conversations
- 700 topics
- Population screening

“X2 is creating an entirely new form of care, which is affordable and scalable.”

– John Quick, Retired CEO of New Directions Behavioral Health



Turnkey Solution



Tess.ai is a customizable EHR that allows the system to operate as a **turnkey solution**:

- ❑ **Patient Management:** Securely update and add user. Monitor or take over conversations.
- ❑ **Behaviour Management:** Assign patient-specific goals and interventions so Tess can help track progress
- ❑ **Content Management:** Leverage content from our library of 700+ topics, or add new interventions to best meet user needs.
- ❑ **Crisis Alerts:** Set up alerts to allows for seamless intervention during crisis situations.
- ❑ **Success Metrics:** View metrics to support decision making.
- ❑ **Development Testing:** Test new interventions before delivering to users.

Depression

- **\$11,936 lost annually** on average per depressed employee due to (Greenberg et al. 2014):
 - Absenteeism
 - Disability
 - Presenteeism
- **6.8%** of workforce is **affected by depression**

E.g. if you have **250,000 employees**

- 17,000 will be depressed
- $17,000 \times \$11,936 =$ **\$202,912,000 per year**

Empirically proven to decrease depression



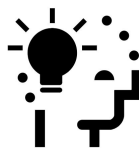
Reduces depression by **13%**
and anxiety by **18%***



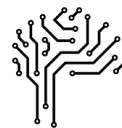
24/7 on demand coaching conversations



Provide burn-out coping
conversations with a **88%**
satisfaction rate



Exchange **400+** monthly
messages per person, to boost
engagement, at a **0.96%** error rate



Self-learning
proprietary machine learning
algorithms; **8y+** development

*Randomized Control Trial by Northwestern University

Industry Acknowledgements



Psychology Today

himss  REUTERS

theguardian  TechCrunch

The Washington Post  BUSINESS INSIDER

GUIDEWELL  TEDx Ams

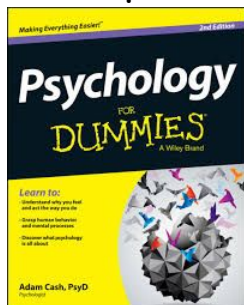
PLANETE +  A&E  SILICON VALLEY BUSINESS JOURNAL

SCIENCES  EXponential MEDICINE  AVENIR

THE NEW YORKER

Setting expectations

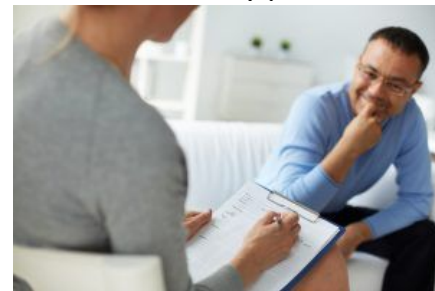
Self-help books



Tess: Emotional and mental health support



In Person Therapy



Conversation Structure

Simple introduction

“Hi, how are you?”



Coping Skills

“Let’s practice deep breathing”



Foster resilience

“You’ve got this!”



Wrap up until next time

“Take care, bye.”

Case Studies

Employers

EAP programs:



Large employers:

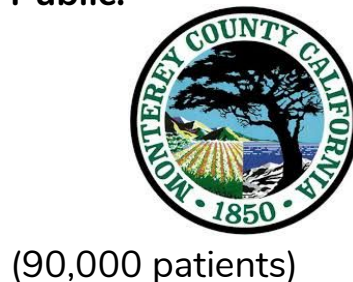


Providers

Private:



Public:



Research Backed

**Randomized Controlled
Trial:**



IRB Studies:



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E.g. if you have **250,000 employees**

- 17,000 will be depressed
- $17,000 \times \$11,936 =$ **\$202,912,000 per year**
- $\$202,912,000 \times 0.13 =$ **\$26,378,560**
- At our average **10%** engagement rate: **\$2,637,856**

X2 Contact Information

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