BioSpectrum the business of Bio & Health Sciences ASIA EDITION

Livongo to acquire myStrength

January 31, 2019 | News

Acquisition positions Livongo to address the health of the whole person



Applied Health Signals company, Livongo Health has announced that it has signed a definitive agreement to acquire Denver-based myStrength which is a provider of digital behavioral health solutions.

The acquisition will enable Livongo to more fully address the health of the whole person by bringing behavioral health conditions including depression, anxiety, stress, substance use disorder, chronic pain, opioid addiction and recovery, and insomnia to Livongo's Applied Health Signals solution.

myStrength currently partners with over 130 of the largest health plans and health systems in the country including Medicaid funded community healthcare organizations across 32 states.

As per the company statement, "Approximately 135 million Americans suffer from at least one chronic condition and 20 percent of adults are also dealing with a behavioral health issue. The addition of myStrength will allow Livongo members to seamlessly manage their chronic conditions and behavioral health on one platform with a clinical grade solution that is at the same time focused on the typical health consumer."

"myStrength's behavioral health solution uses evidence-based interventions including cognitive behavioral therapy, acceptance and commitment therapy, positive psychology, mindfulness, and motivational interviewing to help individuals resolve clinical conditions, build resiliency, manage stress, improve mood, sleep better, or simply find daily inspiration."

Glen Tullman, Executive Chairman of Livongo said, "The acquisition of myStrength represents Livongo's first strategic investment to address the full range of behavioral health issues on one platform. We did an extensive evaluation of the digital behavioral health landscape and myStrength was clearly the best provider in the space, based on provable effectiveness, traction, customer base, and user satisfaction. The breadth of behavioral health solutions that myStrength offers will allow Livongo to take an integrated approach to tackle these conditions while helping people living with or at risk for chronic conditions."

"We are excited to welcome the myStrength team to the Livongo family and to combine our capabilities to better serve our members and rapidly growing client base of self-insured employers, health plans, health systems, and pharmacy benefit

managers”, he added.

Scott Cousino, Chief Executive Officer and Co-Founder of myStrength, who will join Livongo along with all of myStrength’s employees said, “Simply put, myStrength and Livongo are a great fit. We share a commitment to providing solutions that address multiple conditions and deliver measurable outcomes, and we are like-minded when it comes to mission, values, and culture. This move will now allow us to focus on both the physical and behavioral health of our members and strengthens our ability to bring our clients a broader, more personalized offering.”

Dr. Jennifer Schneider, President of Livongo said, “The relationship between behavioral health issues and chronic conditions is well-documented. Combining with myStrength provides an opportunity to offer behavioral health solutions to our members and to leverage our AI+AITM engine to bring member focused personalization to digital behavioral health at scale. As we aggregate, interpret, apply, and iterate health signals to increase personalization, we will improve clinical outcomes, enabling a truly innovative behavioral solution fueled by a flywheel of continuous improvement for a better member experience. This will be truly impactful for people with behavioral health issues.”

The acquisition supports Livongo’s focus on rapid market growth, continued investment in data science, deeper integration with clients and partners, and the development of a comprehensive consumer offering to address the health needs of the whole person.