Koa Health and Bupa Australia partner to bring clinical-first mental health support to millions of Australians

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Almost half of all Australians will experience a mental health challenge during their lives. In 2020-2021, more than 3.4 million sought mental health support. Unfortunately, with increasing wait times for services, access to mental health care continues to be a struggle for the majority of Australians. And these figures don't include everyday mental health challenges such as poor sleep, burnout and anxiety that affect many more. Koa Health and Bupa in Australia have partnered to help close this gap in care as they bring Koa Health's clinical-first prevention and self-care resources to millions of eligible Australians to help address mental health challenges before they become a crisis.

From October 8, Bupa's corporate customers will have access to Koa Care 360 as part of their health insurance policy. Koa Care 360 by Koa Health's self-care and prevention resources:

- Measurably improved overall wellbeing and emotional resilience and was shown to be safe across varying baseline levels of mental health in clinical trials

- Reduced challenges with sleep, and anxious thoughts in randomized controlled trials
- Have 1.7X the average uptake of other digital solutions in real-world settings
- 9 in 10 users rated it useful , with 8 in 10 saying they would recommend Koa Care 360 to others
- Offer evidence-based support on a wide range of topics from burnout and low self-esteem to supporting family members and navigating difficult conversations and situations in the workplace in 8 languages

Dr Oliver Harrison, CEO and Founder at Koa Health said, "According to the Department of Health and Aged Care, nearly half of all Australians will experience a mental illness at some point in their lives. However, this figure excludes the everyday mental health challenges such as poor sleep, burnout, and anxiety that affect many more. Koa Health's partnership with Bupa Australia brings millions of Australians access to Koa Care 360's clinically rigorous mental health support for people across the spectrum of mental health. We're prevention first, helping to address issues before they become a crisis. Mental health impacts every aspect of our lives and work. We're excited to be collaborating with Bupa on a proactive approach."

Sarah Perkins, Country Manager Australia, Koa Health said: "My years of experience in the digital health and healthcare space have made me extremely aware of the need for both affordable and accessible mental health support. Partnering with Bupa to launch Koa Health's digital health platform, Koa Care 360 is an exciting step towards providing mental health support needed by all Australians."

About Koa Health

A leading global mental health health services provider, Koa Health is revolutionizing mental health care with clinical-first care pathways developed and validated by renowned experts. Grounded in clinical excellence, and available to 4 million users worldwide, Koa Health's comprehensive care solution, Koa Care 360 delivers all-in-one mental health care—self-care and prevention through clinical treatment—to employees and population-level insights to employers and health plans from a unified platform.

Backed by leading investors such as Morningside, Ancora Finance Group, Wellington Partners Life Sciences, and MTIP, Koa Health has spent the past 8 years meticulously researching and validating our comprehensive care model,

enabling industries and individuals to take ownership of mental health and transform lives for the better.

Mental health is more than just therapy. Email us at info@koahealth.com to find out how to make mental health manageable, treatable, approachable with Koa Health.