

— For Immediate Release —

Digital Mental Health Innovator LearnToLive Named to The Observer's List of Twenty Hottest Health Start-ups Across America

Heading into the the annual JP Morgan Healthcare Investment Conference, The Observer says LearnToLive is “taking the \$200 billion US mental health industry by storm.”

MINNEAPOLIS, MN – Jan. 7, 2019 – LearnToLive, a privately-held mental health company, today announced its selection by [THE OBSERVER](#) as one of the nation's hottest digital health companies. The list, released today, highlights leading digital health and medical technology companies from Middle America that are revolutionizing their respective fields. The list was published at the start of this week's 37th Annual J.P. Morgan Healthcare Investment Conference in San Francisco, where venture capitalists and health industry experts surveyed by The Observer believe LearnToLive will be the among the most in-demand in attendance.

The article, which included a quote from The Medical Alley Association's Vice President of Intelligence Frank Jaskulke, described LearnToLive as follows:

Based on the proven principles of Cognitive Behavioral Therapy (CBT), LearnToLive is the early mover in online mental health; by taking customized therapeutic treatment online, and offering programs and live coaching that is confidential and accessible anywhere to health plans, employers and universities, they are taking the \$200 billion US mental health industry by storm. Medical Alley's Jaskulke says that LearnToLive will actually drive growth and expand the mental health industry. “LearnToLive's ability to offer confidential, online, and remote treatment addresses the ‘stigma’ issue which is still very much of an obstacle in diagnosing and treating mental health disease.”

The complete original list from The Observer can be accessed [here](#).

“It is an honor to have LearnToLive selected as one of the nation's leading digital health start-ups by The Observer and its panels of venture capitalists and health experts,” said company CEO and co-Founder Dale Cook. “Our team is focused day and night on empowering sufferers to overcome the barriers of social stigma, access and cost so that they can focus their mental health. By offering easy-to-use programs and services which can be accessed anywhere, at any time, and in private – our members can engage in clinically sound therapy tools that have been proven to be effective through 20 years of research.”

About LearnToLive

LearnToLive is the leader in tackling mental health challenges through customizable and scalable consumer-centered technology – via both web app and mobile app delivery. Their treatment model is self-directed, online Cognitive Behavioral Therapy (“CBT”) programs and services designed to help individuals with depression, social anxiety, stress, worry and insomnia. The company designs solutions that reduce stigma, alleviate access barriers and limit financial concerns for those seeking help. LearnToLive has helped tens of thousands of individual consumers, and also partners with organizational clients in the health plan, employment, and higher education sectors. Through these partnerships, LearnToLive now covers over 2.5M members.

For more information visit: www.learntolive.com

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