



A healthcare provider group enabled by technology delivering reliable access to high quality mental health services

15,000+

Providers nationwide

100s of providers

added each month

5 years old+

Ages served

Rula has partnered with Anthem to make it easy for people to find a therapist who meets their preferences, and has availability this week.



Rapid Access

24/7 online scheduling means patients can schedule their first appointment in <5 min

1.5 days

Average time to 1st offered appointment



Curated Matching

Members can select providers based on multiple dimensions (e.g., gender, language, ethnicity, specialty)

92%

Therapeutic Alliance based off >500k potential permutations



Clinical Excellence

Clinical support system focused on ensuring therapists meet quality of care expectations

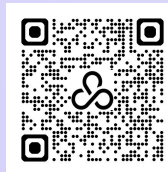
30-40%

improvement in PHQ9 (depression) and GAD7 (anxiety) scores after 90 days



Measurable Outcomes

Weekly use of measurement based care to track progress and drive treatment planning



Get started today at www.rula.com/AnthemCA