



# octave

A modern therapy experience,  
covered by insurance.

## Octave therapy offerings

- Individual Therapy
- Couples Therapy
- Adult Family Therapy



## Treatment areas

We specialize in mild to moderate acuity care and have over **1,700 licensed therapists** who treat a wide variety of presenting concerns, including:

### Clinical Conditions

- ✓ Anxiety
- ✓ Depression
- ✓ ADHD
- ✓ Chronic pain & illness
- ✓ Eating disorders
- ✓ LGBTQ+
- ✓ OCD
- ✓ PTSD and Trauma
- ✓ PPD (Postpartum Depression)

### General Topics

- ✓ Relationships
- ✓ Parenting
- ✓ Grief & loss
- ✓ Isolation
- ✓ Anger management
- ✓ Sleep
- ✓ Work stress
- ✓ Cultural issues



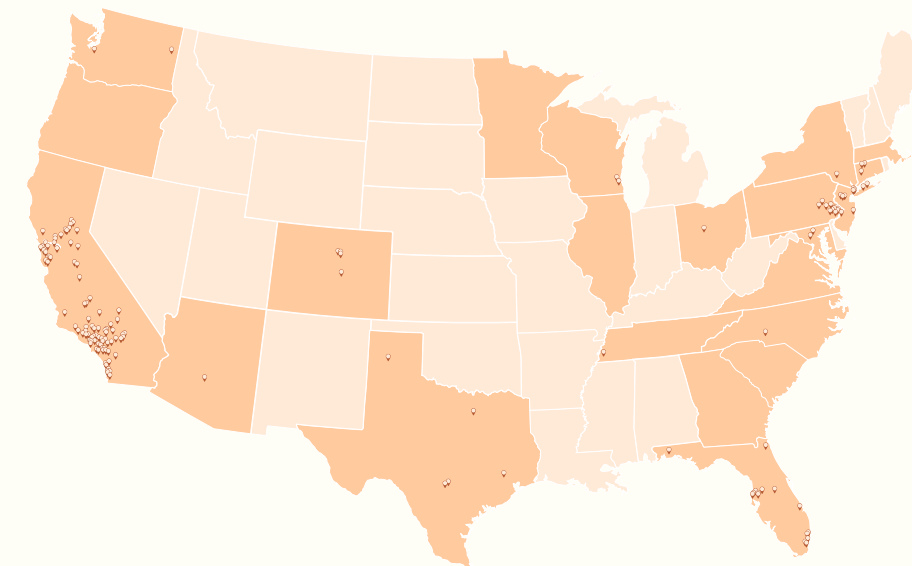
## Our Locations

We offer virtual care across these states:

- Arizona
- California
- Colorado
- Connecticut
- Florida
- Georgia
- Illinois
- Maryland
- Massachusetts
- Minnesota
- New Jersey
- New York
- North Carolina
- Oregon
- Pennsylvania
- South Carolina
- Tennessee
- Texas
- Virginia
- Washington
- Washington DC
- Wisconsin
- *More coming soon*



We have in-person care in 150+ locations throughout the US, and growing!



We can facilitate in-network care for leading commercial plans, including:



# Elevated Care Experience



## Self-book or let us help

Referred patients can book an appointment with a therapist on our website, or they can book a consultation with a Care Navigator, who can help find the right Octave therapist.



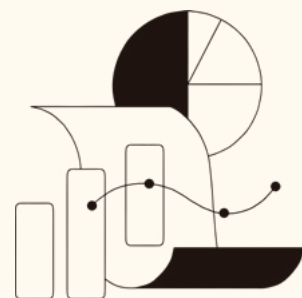
## Broad range of backgrounds

Over 50% of Octave therapists are BIPOC, with many having experience practicing in other settings like hospital systems, non-profits, community organizations, and university counseling centers.



## Therapy grounded in clinically-proven approaches

Octave therapists practice a variety of clinically-proven therapeutic approaches like CBT, ACT, DBT, and EMDR.



# Enhanced Patient Outcomes



## Stronger connections for more success

Research shows that therapeutic alliance is one of the biggest predictors of success.

89% of Octave patients report a strong therapeutic alliance with their providers.

## See significant improvements in 3 months.

**76%**

of Octave patients with clinical **depression** saw significant improvement within 3 months of care.

**74%**

of Octave patients with clinical **anxiety** saw significant improvement within 3 months of care.

Octave patients are **1.4x more** likely to stick with therapy.

octave

**87%**

Average % of therapists see their patients at least 3x

vs

INDUSTRY

**62%**

Average % of therapists see their patients at least 3x

## Average wait time to access therapy

octave

**1-8 days**

Average wait time for behavioral health care

vs

INDUSTRY

**6 weeks**

Average wait time for behavioral health care

## High-quality therapists, life-changing care

All Octave therapists are fully-licensed and have passed a multi-step verification process.

Providers must prove they have worked with adults using evidence-based techniques and modalities for at least a year before being listed.



## High Client Satisfaction

As rated by our clients, Our **Net Promoter Score is 79** — higher than the industry average of 58.

