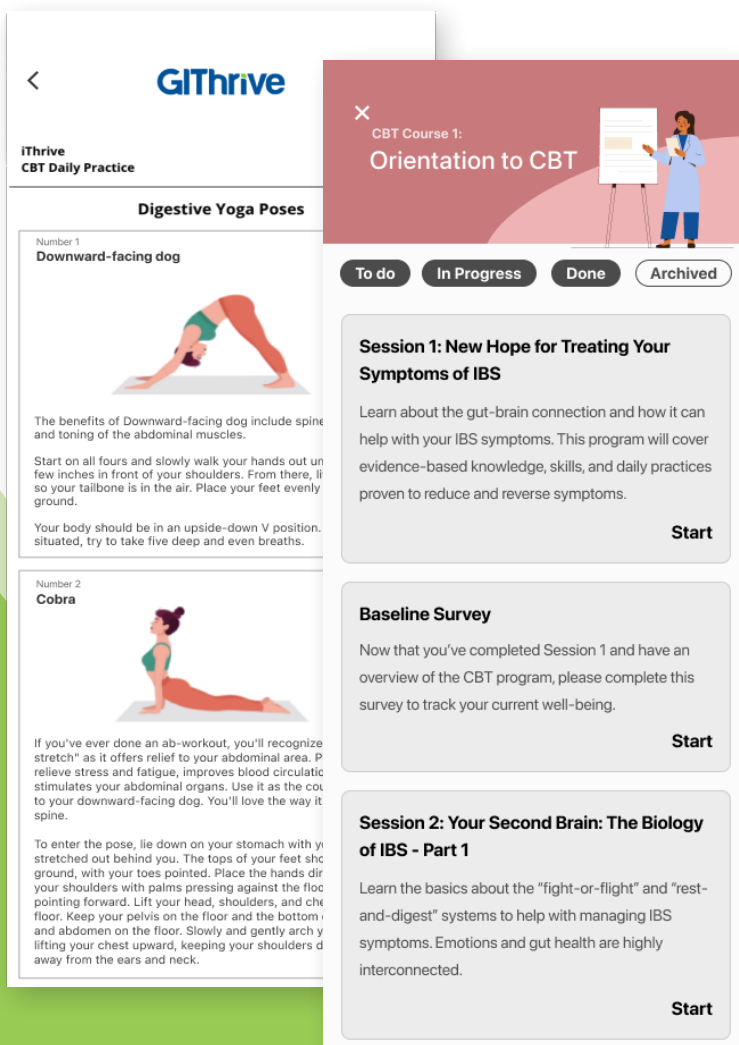


IThrive: Cognitive Behavioral Therapy (CBT)

Qualifying members using the GIThrive platform have access to IThrive™, a CBT digital therapeutic designed by clinical health psychologists for individuals suffering from digestive health issues. IThrive leverages scientifically-proven best practices for the treatment of Irritable Bowel Syndrome (IBS) and other digestive conditions and is the first CBT solution to be integrated into a comprehensive digestive health platform. With IThrive, members will receive:



Effective Treatment

Over 20 independent randomly controlled trials have been run to evaluate CBT treatment for IBS. There is consensus that CBT is effective in alleviating IBS symptoms and remains effective more than a year after treatment.¹

Proven Results

In one study, 90% of patients reported IBS symptom improvement from online CBT, with 60% reporting a significant reduction in severity.²

24/7 Support Anytime, Anywhere

All members will receive 10 weeks of daily audio sessions, daily exercises that include journaling and evidence-based coping strategies, digestive health guided meditation and breathing techniques, as well as 1:1 support from a dedicated Health Coach and Registered Dietitian.

"I love the CBT program and would recommend it to anyone and everyone. I like that I can apply the skills to other aspects of my life."

- GIThrive Member

1. Cognitive Behavioral Therapy for Patients With Irritable Bowel Syndrome: Current Insights, Psychology Research and Behavior Management.
2. Clinical and Cost Effectiveness of Online Cognitive Behavioral Therapy in Children With Functional Abdominal Pain Disorders, Clinical Gastroenterology and Hepatology