

Press release of 12 November 2020

## **Groupe Mutuel is launching two new digital applications: mynd and MyDiabCheck**

**Martigny, 12 November.** Following the recent launch of the digital application MyHealthCheck, Groupe Mutuel is expanding its digital services with two new exclusive applications. One of them focuses on well-being and mental health while the other is aimed at the prevention and treatment of type 2 diabetes. They are intended for everyone, whether or not insured with Groupe Mutuel.

With the aim of providing genuine added value to the customer, Groupe Mutuel has centred its strategy on three pillars: prevention, treatment and support. The insurer intends to become the life partner of its policyholders and to offer them support throughout their medical journey.

Launching mynd and MyDiabCheck after MyHealthCheck is a new step in the company's digital transformation, which aims to meet the health expectations of the Swiss population. According to Thomas Boyer, CEO of Groupe Mutuel: "Groupe Mutuel's digital transformation focuses on prevention and support. It starts by listening to the client and is intended to be participatory and inclusive. Every time we update our applications, we take into account the suggestions and comments of users."

Therefore, Groupe Mutuel is placing individuals at the centre of its digital offer. In the case of mynd and MyDiabCheck, this is made possible thanks to cognitive behavioural therapy (CBT), a method that makes it possible to address the mental processes behind emotions, nutrition-related disorders, stress or anxiety.

mynd is aimed at those who need help to change their habits and to better manage their stress or anxiety. This application allows you to talk to a specialist. Swiss psychologists, trained in online counselling and cognitive behavioural therapy, are available on mynd.

MyDiabCheck is a solution oriented towards prevention for people at risk of type 2 diabetes or already suffering from the condition. Its effectiveness is based on the fact that for a person at risk or suffering from this chronic disease, it is possible to limit the progression or even induce a remission by working on one's own weight, activities and diet. The application provides access to prevention tools and to a coach who supports users in their objectives and provides them with the means to achieve them.

<http://www.mynd.ch/>

<http://www.mydiabcheck.ch/>

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### **Media contact person**

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### **About Groupe Mutuel**

Groupe Mutuel employs over 2,300 persons. Over 1.3 million individual customers as well as some 24,000 corporate clients are insured with Groupe Mutuel. Its overall turnover exceeds CHF 5.4 billion.

In addition to compulsory health insurance (LAMal/KVG) and supplemental insurance (LCA/VVG), customers can choose from an extensive range of life insurance plans to cover risks and provide for their individual pension benefits, as well as from a range of patrimony insurance solutions (legal protection, private liability insurance and household contents insurance). Moreover, Groupe Mutuel insurers offer daily allowance insurance to companies, pursuant to LAMal/KVG and LCA/VVG, as well as compulsory accident insurance (LAA/UVG). Groupe Mutuel also manages Groupe Mutuel Prévoyance-GMP pension fund.