



STANFORD UNIVERSITY SCHOOL OF MEDICINE

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May 26, 2023

Judges of the Prix Galien
Galien Foundation
99 John Street, Suite 2502
New York City, NY 10038

Dear Prize Judges,

It is with great enthusiasm that I write this letter in support of the awarding of the Prix Galien to HealthRhythms as the outstanding digital health startup of 2023. As a research psychiatrist and psychiatric clinician, I have worked in the area of psychopharmacology for decades to help advance the treatment of individuals with major psychiatric disorders.

My direct knowledge of the work of HealthRhythms has allowed me to understand that they represent a unique enterprise in the digital health arena. Their easily accessible platform based on a conceptual framework of circadian and behavioral science that their founders have developed over it several decades represents the very best in new digital health technology. The HealthRhythms team is simply outstanding. Several of the cofounders have won major academic prizes for work that now forms the clinical and technologic basis of the platform. Their groundbreaking approach is important for all of behavioral science, both academic and commercial. Their commitment to commercializing their science so that it can have real meaning to the lives of those who suffer from psychiatric illness sets them apart from almost every other digital health startup with which I am familiar.

In short, I consider the HealthRhythms platform to be unique and one that provides tremendous opportunities to allow psychiatric medicine to have the kind of tools that have enabled physical medicine to make consistent progress in diagnosis and treatment. This makes it very easy for me to endorse HealthRhythms as the outstanding startup of 2023.

Sincerely,

A handwritten signature in black ink, reading "Alan F. Schatzberg, MD".

Alan F. Schatzberg, MD