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(54) Title: METHODS AND SYSTEMS FOR TREATING HEALTH CONDITIONS USING PRESCRIPTION DIGITAL THERAPEUTICS

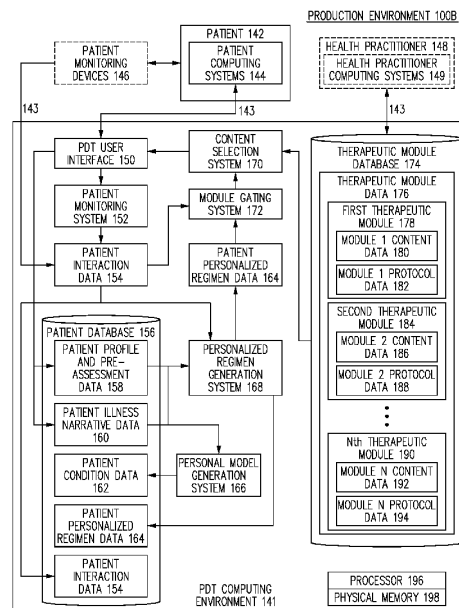


FIG. 1B

(57) Abstract: A prescription digital therapeutic (PDT) system is provided to patients/users, wherein the PDT system allows guided behavioral therapy and skills training to be administered in a convenient and flexible, yet structured fashion, via a system associated with an application such as a mobile application. Guided behavioral therapy technologies may be based at least in part on cognitive behavioral therapy (CBT) techniques to allow for development of a skillset for treating a physiological disease, disorder and/or condition, and for managing stress and/or other psychological symptoms associated with such disease, disorder and/or condition. Patient interactions with the PDT system are monitored to control progression through the system content and to continually refine one or more personalized intervention regimens associated with the guided behavioral therapy.

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