

## Almirall and Happify Health go live with digital therapeutics support for psoriasis patients

- Happify Health and Almirall's partnership kicks off with the launch of Claro, a wellness digital intervention for people with psoriasis willing to improve their mental wellbeing, in Spain, the U.K., and Italy
- An estimated 20% to 30% of patients with moderate to severe psoriasis also suffer from mental health issues, like anxiety and depression<sup>1</sup>
- Claro is the first iteration of Happify Health's platform for people with psoriasis. It is available in English, Spanish, Italian and French

**BARCELONA, Spain, and NEW YORK, USA -- May 24, 2022** - Today, **Happify Health**, the Intelligent Healing Company™, and **Almirall, S.A. (BME: ALM)**, a global biopharmaceutical company focused on skin health, announced that Claro, a digital program developed via the innovative partnership of both companies, is live and now available to people with psoriasis in Spain, Italy and United Kingdom.

Claro was built to improve the mental wellbeing of people with psoriasis by providing cognitive behavioral therapy, positive psychology and mindfulness. Since its launch, engagement rates on Claro are high, with active users on the platform completing an average of 2.6 activities per week.

Psoriasis is one of the world's most prevalent skin diseases, affecting about 60 million people worldwide<sup>2</sup>. It is estimated that 20 to 30% of people, globally, with moderate to severe psoriasis also suffer from mental health issues like anxiety and depression<sup>2</sup>. Approximately 80% of those affected with psoriasis have mild to moderate symptoms, with direct healthcare costs for treatment of psoriasis exceeding \$65 billion annually.

*"At Almirall, we are proud to offer psoriasis patients a wide range of medicines that cover the whole spectrum of the disease, from mild to severe. Claro helps us to fulfill our commitment to people living with psoriasis, providing them with an enhanced solution addressed to their wellbeing so they can get their lives back."* said **Dr. Volker Koscielny, MD, Chief Medical Officer of Almirall**.

*"Psoriasis is a significant burden in the daily life of 71% of people who suffer from it according to the National Psoriasis Foundation in the UK<sup>3</sup>,"* said **Theo Ahadome, Senior Vice President of Commercialization at Happify Health**. *"A 2019 study in Maedica, the Journal of Clinical Medicine establishes a clear link between skin-psychology and quality of life for people with psoriasis.<sup>3</sup> This partnership gives us the opportunity to study how effective digital programs are at keeping psoriasis patients engaged during treatment for psoriasis and improving their quality of life."*

### About Almirall

Almirall is a global biopharmaceutical company focused on skin health. We collaborate with scientists and healthcare professionals to address patient's needs through science to improve their lives. Our Noble Purpose is at the core of our work: "Transform the patients' world by helping them realize their hopes and dreams for a healthy life". We invest in differentiated and ground-breaking medical dermatology products to bring our innovative solutions to patients in need.

The company, founded in 1943 and headquartered in Barcelona, is publicly traded on the Spanish Stock Exchange and is a member of the IBEX35 (ticker: ALM). Throughout its 79-year history, Almirall has retained a strong focus on the

needs of patients. Currently, Almirall has a direct presence in 21 countries and strategic agreements in over 70, with about 1,800 employees. Total revenues in 2021 were 836.5 million euros.

For more information, please visit [almirall.com](https://almirall.com)

## About Happify Health

Happify Health is The Intelligent Healing Company™. We shorten the distance between need and care by configuring personalized digital therapeutics and care solutions at scale for the modern healthcare cloud. Our platform integrates AI with empathy, making healing more personal, precise, and connected for the entire care journey. We deploy a full spectrum of clinical-grade care solutions—including Digital Therapeutics, Coaching, Community, and Well-being products—for pharma, health plans, enterprises, and individuals everywhere.

Our global platform is available in 10 languages, supports more than 10 chronic conditions, and covers more than 20 million lives.

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<sup>1</sup> H.L. Richards, D.G. Fortune, C.E. Griffiths, C.J. Main The contribution of perceptions of stigmatization to disability in patients with psoriasis J Psychosom Res., 50 (2001), pp. 11-15.

<sup>2</sup> The prevalence of comorbid depression in patients with psoriasis is estimated at between 20% and 30%, and rates as high as 62% have been reported. E.A. Dowlathshahi, M. Wakkee, L.R. Arends, T. Nijsten The prevalence and odds of depressive symptoms and clinical depression in psoriasis patients: A systematic review and meta-analysis J Invest Dermatol., 134 (2014), pp. 1542-1551. M. Esposito, R. Saraceno, A. Giunta, M. Maccarone, S. Chimenti An Italian study on psoriasis and depression Dermatology., 212 (2006), pp. 123-127.

<sup>3</sup> National Psoriasis Foundation 2008 Survey Snapshot. Available from: PTT-24087-quality-of-life-issues-and-measurement-in-patients-with-psor (researchgate.net)