
GoMo Health® Incorporates GoMo Music™, The Sounds of Healing, to Further Enhance Clinical Care

GoMo Health®, a NJAMHAA Approved Vendor and Integrated Healthcare Council member, is in the “human engagement” business.



GOMOHEALTH
A DIVISION OF GOLD GROUP

“We’re deeply committed to our proprietary science, BehavioralRx®, the science of patient engagement, and we activate it through Concierge Care®,” stated Bob Gold, Founder and Chief Behavioral Technologist, referring to the company’s digital therapeutic that is being widely used to enhance clinical care delivery for individuals receiving treatment for complex and chronic physical conditions, including cancer, cardiac condition management, diabetes and maternal/child healthcare and their often-associated mental and behavioral health issues. “Properly managed behavioral health is at the core of how we engage people across a wide-range of therapeutic areas from a telehealth perspective,” he emphasized.

“For thousands of years, music has been shown to stimulate aha moments and help relax, energize and motivate people,” Gold stated, “so adding sounds of hope and healing and meditations (both guided and independent) to the Concierge Care digital therapeutic is a natural progression. Scientifically, more and more research is demonstrating the powerful effects of sound, including the release of dopamine and neurotransmission of electrical signals,” says Gold.



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Bob Gold
Founder
Chief Behavioral Technologist

GoMo Health launches GoMo Music with a scientifically curated library that currently includes nearly 200 – and still growing – songs, sounds and meditations that fit into therapeutic categories, including relax, energize and love. The selections in GoMo Music™ will continue to expand through collaboration with former Sony staff members, composers, musicians, music therapists and clinicians who are part of the GoMo Health growing team of industry experts.

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Everyone is familiar with Spotify and its ability to recommend music based on each person's choices. Other apps, such as Calm and Headspace, go a bit further to help improve individuals' mood and ability to cope with stressors. However, GoMo Music goes much deeper scientifically and clinically than these apps.

"Users can select the music they like and need at different times. GoMo Music is designed to provide selections that can be useful based on the level of stress and other

"GoMo Health and GoMo Music can also be used by family members and

emotions that an individual is experiencing at any moment,” Gold explained. Program participants can also text keywords like motivate, heal, and focus, that reflect their in-the-moment needs, at any time, and appropriate sounds will be sent to them within seconds. In addition, a tracking feature enables therapists to be aware of what clients are experiencing outside of appointments and tailor treatment, including music therapy, accordingly.

GoMo Health and GoMo Music can also be used by family members and other caregivers to help them manage fatigue, anxiety and frustration, and “stay on course with helping their loved ones and strengthen themselves,” as Gold explained it. “This is the way health care is going: getting families to band together to support achievement of health outcomes,” he said.

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Click [here](#) to learn more about GoMo Music.