

## Health Revival Partners Chronic Disease Reversal & Population Health Program

### Features

- Stand-alone wellness program, or
- Augment existing wellness offering
- Thorough population risk stratification
- Identification of the 10% that drive 75% of your healthcare costs
- Identify those with greatest potential to drive next year's high costs

### Benefits

- Reverse chronic disease and risk status of all participants
- Reduce or eliminate pharmaceutical use
- Empower population with health literacy
- Significantly reduce your healthcare spend with superior ROI
- Proven Program, Case studies: <https://www.healthrevivalpartners.com/case-studies>

### Program Costs and Services

- \$6PPPM (open to all health plan beneficiaries) – Includes:
  - Risk stratification short survey (20 questions – online with risk scoring)
  - Detailed risk analysis long survey (120 questions) – basis of individual care plans
  - Report of entire population risk status (pie chart)
  - Screening labs 2-times/year – not used by conventional wellness\*\*
    - CBC w/diff; Fasting Insulin; Lipid Panel; Chemistry Panel
  - On-line learning management system – 24/7 availability
  - Bi-Monthly group interactive coaching sessions in-person and/or on-line
  - 6-Month reporting of health improvement trends (see Exhibit A)

\*\*Does not include cost of blood draw which is highly variable
- \$3PPPM (additional cost) Options for high risk / high cost individuals
  - Extensive 55 biomarker lab panel 2-times/year
  - Small group sessions (on-line or in person) to address higher-order risks
  - High risk group reporting

### **Guarantees:**

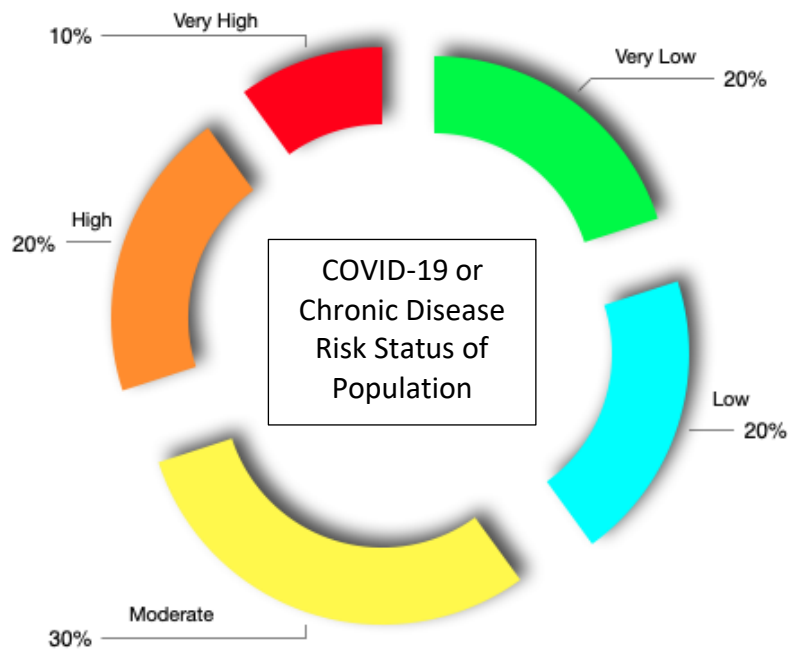
1. Improvement in overall health of population
2. Reduction in pharmacy cost may cover cost of program
3. Reduction in overall healthcare spend, High ROI based on high risk population focus

### **Recruitment:**

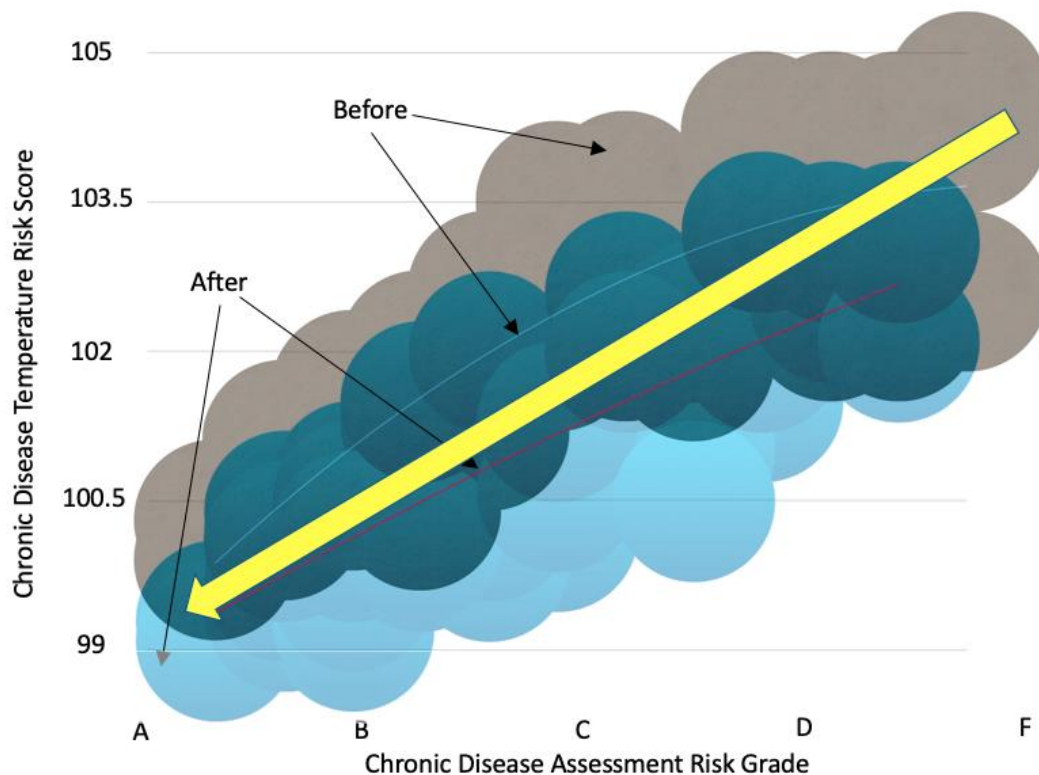
We have a track record of recruiting high risk people, with 80% of women and 50% of men joining and staying with our program after 1 on-line or group meeting. Our focus is on health pain points that disrupt daily activities and health goals of the individual rather than address diseases. For example, our recruitment process focuses on: energy, sleep, chronic pain, brain fog, emotional / brain issues, and healthy longevity.

**Scale to Your Population Size:** See Exhibit B

**Exhibit A:** COVID-19 or Chronic Disease population risk ranges based on risk assessment survey and biomarkers.



Actual Corporate Case Study: 70 high risk individuals before & after coaching intervention – improvement in chronic disease and COVID-19 biomarkers.



**Exhibit B: How HRP Scales:**

- ✓ **On-Line Survey(s):** Our survey is on-line and can be taken by anyone at any time - requiring no effort except to enter into an EMR and create risk reports.
- ✓ **Group by Risk Categories:** From the survey, we are able to group people into need categories
- ✓ **Learning Management System:** We have automated learning management programs based on categories
- ✓ **Workshops:** Live and pre-recorded workshops are provided covering most important health topics.
- ✓ **Group Coaching:** We perform group coaching sessions based on category topics - through our app (get healthie - Zoom) Facebook, and YouTube.
- ✓ **Existing Content:** We have specific videos, available on our channel for categories and subtopics within those categories.
- ✓ **Labs Explained Simply:** We have videos that educate on our labs - both specifically and generally
- ✓ **Obtaining Labs:** The lab account we have is national so we can order anywhere in the U.S.
- ✓ **Lab SINGLE Value:** Helps participant easily track and understand their progress – Creates health “ownership” because they understand their labs.
- ✓ **Coach Training:** The LMS system has detailed coach training modules. We find coaches in your area.
- ✓ **Phone (Android & iPhone) apps:** Our phone apps that allow for chatting, messaging, group sessions, data storage, HIPAA compliance, medical/health note taking, integration to wearables, learning management system, supplement dispensary, billing, etc. - very robust.
- ✓ **Target Those Most in Need (5-10%):** Our unique proposition is to implement a normal wellness program (but with our advanced analytics) on most of the population and then perform intense work with the small high-risk group. This gives our high-level staff more bandwidth because the number of people truly requiring experts is a small percentage of the general population. It also is the ONLY way to achieve a wellness-based high ROI.