

PACK HEALTH[®]

Digital Coaching to Change Health Behaviors



Pack Health is a digital health coaching company that complements existing care networks by providing personalized support for patient's social needs between visits.



Behavior Change Support

Our Health Advisors use motivational interviewing techniques to **activate members and build healthy habits that stick.**



Personalized Education

Pack Health curates video lessons, activities, resources, and guides **for each member's specific health needs.**



Frictionless Experience

Zero logins or apps. Personalized content is delivered **according to member communication preferences.**

Here's how it works:

Pack Health Advisors help patients who are overwhelmed by diagnosis access the right skills in developing the self-management skills to achieve better health and well-being:



60 + touchpoints made, 100 PROs collected



*"I still love my support groups... but at Pack Health I found something equally valuable: **a space of my own.**"*

- Sheri Hardeman | Pack Health Member Ambassador with IBD

About Pack Health’s Program for Inflammatory Bowel Disease (IBD)

Pack Health’s program for individuals with IBD is an evidence-based program, with each week focused on changing a key behavior or overcoming barriers to care. Health Advisors may rearrange or customize content and concierge services to fit member’s specific goals, motivations, and barriers, with the end goal of getting flares under control and improving overall health.

<i>plan</i>	1. Getting Started	<i>build</i>	5. Eating Healthy	<i>optimize</i>	9. Getting the Right Care
	2. Setting Goals		6. Exercising		10. Health Budgeting
	3. Crohn’s and Colitis 101		7. Sleep and Stress		11. Milestone Review
	4. Managing Medications		8. Social Support		12. Continuing Journey







Measures of Success

All Pack Health programs (coaching calls, care coordination, video lessons, online activities, and accountability tools) align to Value Based Payment Measures and collect Patient Reported Outcomes (PROs) according to validated scales.

<i>Key Metrics Include</i>	Depression & Anxiety (PHQ-4)	Diet & Nutrition (STC)	Condition Specific Measures for IBD -Flare frequency -Symptom Severity (CUCQ-8)
	Global Health (PROMIS Gh10)	Activity & Exercise (Godin)	
	Weight & BMI	Smoking (History, Frequency)	
	Financial Toxicity (COST)	Drinking (Frequency, Volume)	
	Self Efficacy (HSE)	Sleep Disturbance (PROMIS)	
	Stress (PSS4)	Medication Adherence (CASE)	

Success to Date

Pack Health has engaged over 190 members with IBD. On average, Pack Health members with an IBD see:

	47% reduction in flares per month		15% improvement in PROMIS physical health
	22% increase in med adherence		4% improvement in PROMIS mental health
	22% increase in self efficacy		10% increase in average hours slept per night

Let’s Get Started!

To cover Pack Health’s digital coaching program for IBD please contact:



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