



POPULATION HEALTH

Population Health from American Well

Nearly 60 percent of American adults live with at least one chronic condition and 42 percent have more than one.¹ Preventable chronic diseases cost U.S. employers more than \$220 billion each year due to missed work and lost productivity.² Employers have the opportunity to promote individual health, help prevent illnesses, and lower healthcare costs with focused programs that drive results. American Well delivers programs that are scientifically proven to be effective, connecting employees with the care they need through video visits, health coaching, and a unique ecosystem of partners.

Technology trusted by top healthcare leaders

- American Well powers telehealth solutions for the top health systems and health plans, and over 7,000 employers—covering over 150 million lives and helping 1 in 3 Americans get the care they need
- Highly-rated by KLAS for “ease of use” in the 2017 Telehealth Virtual Care Platforms report³

Lifestyle management when and where you need it

- On-demand video consults and personal support plans are combined in a single solution
- Personalized programs align to each employee’s progress and needs
- Easy-to-use tools help employees proactively manage their personal health

Proven outcomes to better your employee population

- Published studies of population health programs using American Well demonstrate positive outcomes, cost-savings, and increased employee satisfaction
- Captured clinical data helps employees track their progress and employers view overall population outcomes
- Performance-based pricing is available for those who want to explore true value-based care

1 Chronic Conditions in America: Price and Prevalence, RAND Review, July 2017

2 Workplace Health Promotion, Centers for Disease Control and Prevention, February 2017

3 Telehealth Virtual Care Platforms 2017, © KLAS 2018, September 2017

Better Health for At-Risk Populations

Where employers—and their employees—are finding the most value.



Smoking Cessation

Developed in partnership with the Online Care Group (OCG) and based on peer-reviewed research and guidelines. The program includes:

- Ongoing visits with a physician
 - A personalized quit plan
 - Counseling and supportive education
 - Medication, if medically appropriate
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Weight Management

inHealth Medical Services' clinically-developed program, powered by American Well, utilizes an employee-centric and personalized approach to weight loss. Published studies of the 12-week program show a:

- ~16 lbs (7.3 kg) bodyweight loss
 - 7.2% reduction in BMI
 - 9% decrease in body fat
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Diabetes Management

This customized program combines American Well's virtual visit platform, WellDoc's FDA-approved diabetes self-management app, and inHealth's health coaches. More than 30 peer-reviewed journals have cited positive outcomes of this program, including:

- 1.9-2.0% decrease in A1C
 - ~60% reduction in hospitalizations and ER visits
 - Cost savings of \$250-\$270 per month
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Disease Prevention

This unique program encourages members to proactively manage chronic conditions before diagnosis or escalation. American Well and Newtopia partner to deliver members:

- Personality-matched coaches and individualized plans
 - Remote access to health coaches via secure video
 - Tracking features to monitor nutrition and activity
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Interested in learning more?

<https://www.americanwell.com/population-health/>
