



Allied Wellness Description of Services

I. Personal Health Coaching

Licensed healthcare professionals consisting of trainers, nurses, counselors, dietitians, and physical therapists. Our team provides guidance, support and accountability while working collaboratively with members to provide personalized, comprehensive treatment plans involving:

Nutrition Therapy and Meal Planning:

Education to provide dietary recommendations that adhere to health needs and goals, dietary intake monitoring and evaluation on maintaining a balanced diet.

Personalized Fitness Regimens:

Custom exercise and training regimens that specialize in exercise physiology, athletics, and weight management.

Physical Therapy and Injury Prevention:

Virtual assessments and plans to help members overcome injuries, recover from surgery, or reduce pain. Ergonomics training and recommendations are offered to help prevent injuries.

Chronic Disease Management:

Programs run by Certified Diabetes Educators to help members manage the symptoms of a long-term disease by offering coordination of care as well as providing education, recommendations, and other resources to help slow disease progression, manage symptoms and improve quality of life.

II. Telemedicine

We've partnered with MeMD, an integrated telemedicine platform, to provide members with 24/7 access to doctors from their smart phone, tablet, or computer.

Primary Care & Urgent Care - \$0 Copay

Board-certified physicians utilizing electronic communications and software to provide medical services for minor illnesses: cold, fever, sprains, cuts, etc. Prescriptions are also provided, when necessary.

Teletherapy (Counseling) - \$0 Copay

High-quality, convenient, and confidential mental health services which offers the support members need during trying times. The MeMD licensed counselors help treat anxiety, addiction, relationships, depression, grief/loss and more.

Telepsych (Psychiatry) - \$50 Copay

Comprehensive care provided by MeMD Psychiatric providers and therapists specializing in the diagnosis and treatment of mental health issues. Depression, anxiety, substance abuse, trauma, mood disorders and other mental and emotional concerns is a sample of concerns the licensed team can help with.

*Visits can be conducted via telecommunication, depending on member's preference, unless otherwise required by their state. Providers can request lab work and prescribe medications for managing behavioral health issues, as appropriate. Prescriptions cannot be written for controlled substances or elective medications.

III. Health Screenings

The biometric data collected from health screenings is utilized by the Health Coaches for create comprehensive reports detailing the member's current health status, overall progression, and risk level for various chronic diseases.

In-Person Screenings

Sudoscan: Non-invasive device that measures small nerve neuropathy to evaluate Diabetic and Cardiovascular risk. Endorsed by the American Diabetes Association and approved by major medical carriers and Medicare.

InBody: Non-invasive body composition analyzer that measures body fat mass, skeletal muscle mass, total body water and more.

Remote Screenings

Face Scan App: This tool utilizes the camera on your smart phone, tablet or computer to gather facial blood flow information to provide clinical-grade measurements for heart rate, blood pressure, stress, cardiovascular risk and more.

HRA: The Health Risk Assessment is a brief online questionnaire that gathers information over the member's health history, lifestyle habits and wellness goals.

Fitness Trackers: Members can choose to sync their wearable fitness trackers to our platform, which allows the health coaches to monitor and assess their daily activity levels and/or sleep patterns.

Self-Reported Biometrics/Journaling: Within our platform, members can easily log information, such as lab results, blood panels, blood pressure, weight, daily meals, etc., to help them record and visualize their progress.

IV. Health Risk Analysis & Predictive Modeling

Biometric data collected from health screenings, along with claims history and medical service utilization, compiled and processed by our analytics platform to create risk profiles across the various demographics.

These profiles include risk scores for chronic conditions like diabetes, heart disease, stroke and obesity. The insights allow our health coaches to provide treatment interventions to help members address these issues before they become chronic.