



A CDC recognized lifestyle change program to prevent chronic diseases



Empowering Individuals to Build Healthier Habits that Last

222 West Merchandise Mart Plaza, Chicago, IL, 60654

## APPROACHING WORKSITE WELLNESS THROUGH A BROADER LENS

**One in Three** adults in the USA has metabolic syndrome

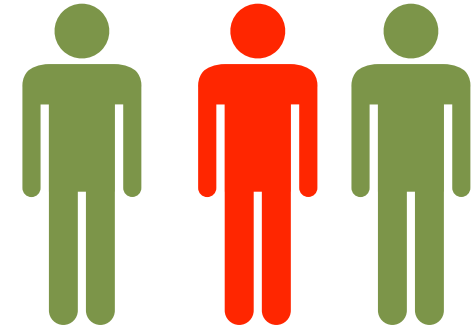
1. Out of range waist circumference
2. Elevated blood glucose
3. Elevated blood pressure
4. Elevated triglycerides
5. Low HDL cholesterol

**5X** as likely to develop  
**type 2 diabetes**

**2X** as likely to develop  
**heart diseases**

**3X** as likely to develop  
**stroke**

Source: American College of Preventive Medicine



**60%** increase in employer costs  
for employees with metabolic syndrome

**COST WITHOUT  
COMPLICATIONS**

—  
**\$13,700/year**

**COST WITH  
COMPLICATIONS**

—  
**\$20,500/year**

## PREVENT NOW

### Risk Factors: Is this your population?

- Overweight/obese
- Age over 30 years
- Multi-racial
- Desk-bound

Diabetes/Hypertension/Dyslipidemia

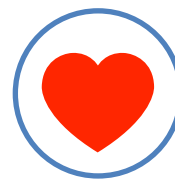
No Action

Participate in Prevention



### Economic costs

- Over \$5000 annually on prescription drugs
- Lost productivity
- Time off, high turn over, reduced morale



### Health risks

- High risk for heart disease, stroke and kidney disease
- Diabetes, retinopathy, neuropathy and other complications

Reduce the risk developing type 2 diabetes and hypertension by 58%

### Positive ROI for your business

Long sustainable weight loss and improved health

# HABITNU WORKSITE WELLNESS SOLUTIONS

NUTRITION, DIABETES  
PREVENTION



BP MANAGEMENT,  
CHOLESTEROL MANAGEMENT



BEHAVIORAL COUNSELING  
TOBACCO CESSATION



DIABETES

HEART HEALTH

WEIGHT LOSS

TOBACCO

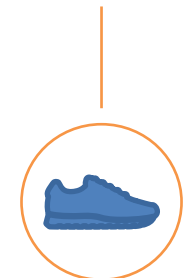
PHYSICAL HEALTH



DIABETES  
MANAGEMENT



INTENSE  
BEHAVIORAL COUNSELING



MUSCULO SKELETAL  
HEALTH

## HABITNU DELIVERY MODELS

CDC recognized online DPP program with digital tools, discussion forum, peer support and health coaching delivered by HabitNu lifestyle coaches



### SERVICE DELIVERY

### PLATFORM LICENSE

CDC vetted DPP platform, processes and digital tools to help CBOs and other DPP organizations to successfully deliver the DPP program

Delivered By  
**habitnu**



Powered by  
**habitnu**

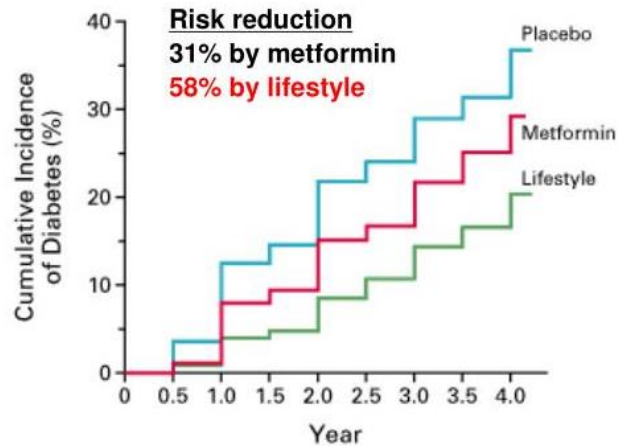




# HABITNU DIABETES PREVENTION PROGRAM: FULLY RECOGNIZED FOR THREE DELIVERY MODES

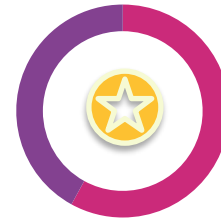


**58%**  
Reduction in  
risk



CDC's DPP study focused on moderate physical activity and lifestyle changes to lose 5-7% body weight. DPP's effectiveness has been proven with successful participants reducing the risk of developing type 2 diabetes by 58%

## HABITNU'S DELIVERY MODELS



In-Person mDPP (Full)



Combination (Full)



Online (Full)



Distance Learning (Pending)

# HABITNU CDC UMBRELLA DESIGNATION: CONNECTING PARTICIPANTS TO PARTNERS



Prediabetic individuals



At-risk individuals

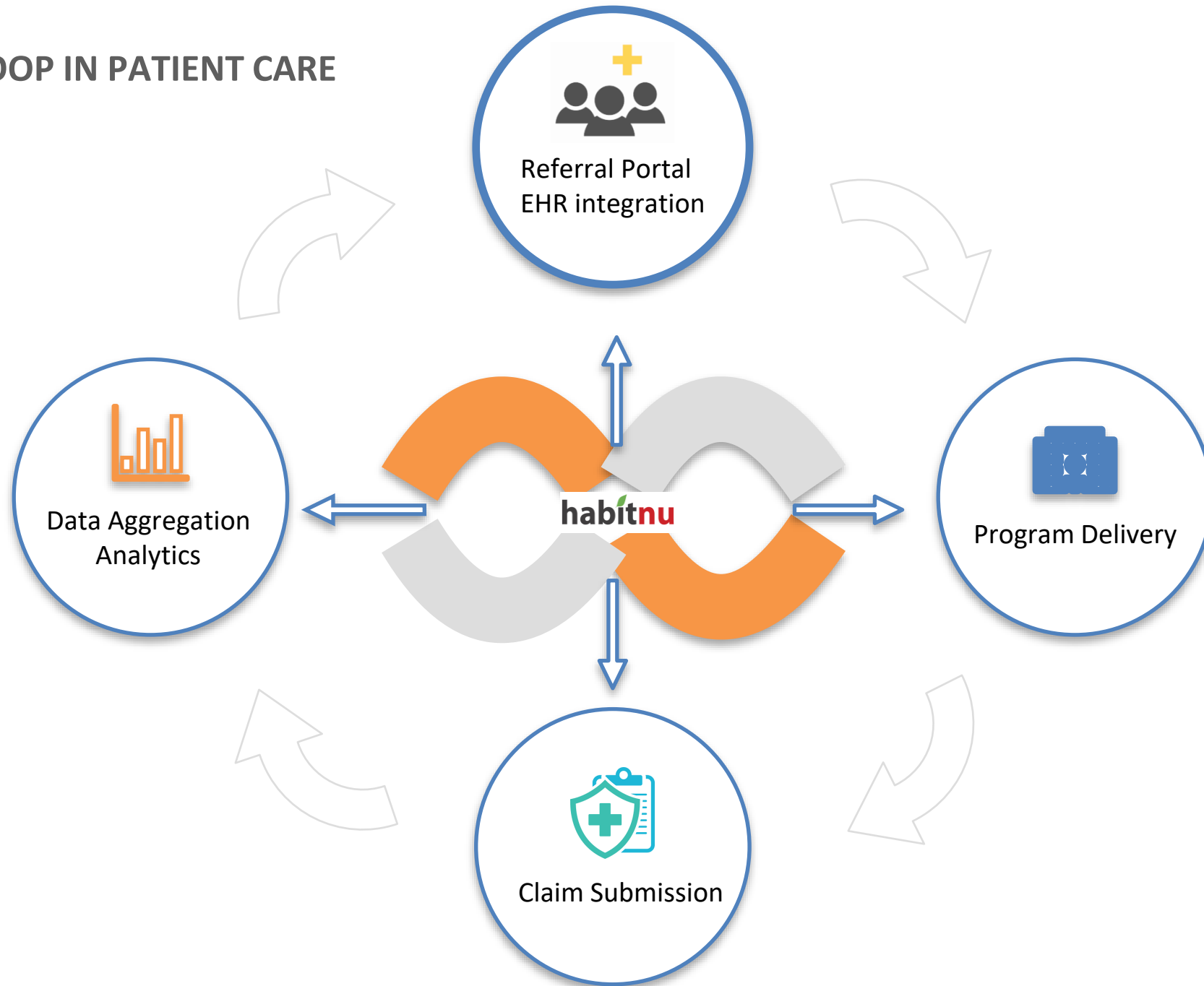


Employees





# CLOSING THE LOOP IN PATIENT CARE



# HABITNU PLATFORM – EMPOWERING PARTICIPANTS AND ORGANIZATIONS TO TAKE CHARGE

## Participant Tools



HabitNu App, Wireless scale, Activity tracker, Lifestyle coach



## Admin/Coach Dashboard



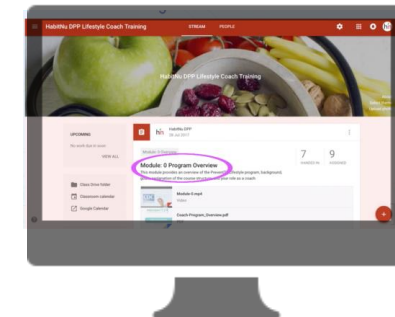
Admin backend for monitoring, communication and analytics



## Lifestyle Coach Training



DTTAC certified Lifestyle coach training for organizations licensing the HabitNu platform



# EDUCATIONAL TOPICS: HABITNU CURRICULUM FOR BEHAVIOR CHANGE: SOURCE CDC

## THE DIABETES PREVENTION CURRICULUM

 <p>TRACKING MEDICATION</p>	 <p>HEALTHY EATING</p>	 <p>PROBLEM SOLVING</p>	 <p>REDUCING RISKS</p>
 <p>SELF MONITORING</p>	 <p>BEING ACTIVE</p>	 <p>MANAGING STRESS</p>	 <p>STAYING MOTIVATED</p>

# HABITNU APP – EMPOWERING PARTICIPANTS TO LIVE THE LIFE THEY WANT



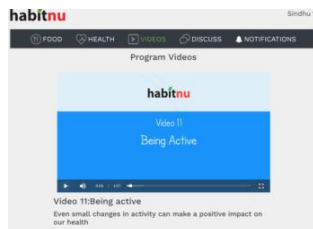
**VIRTUAL CLASSROOM**  
Coach-driven group and one/one Webinars with dial-in option

**ACCESS FROM ANY DEVICE**

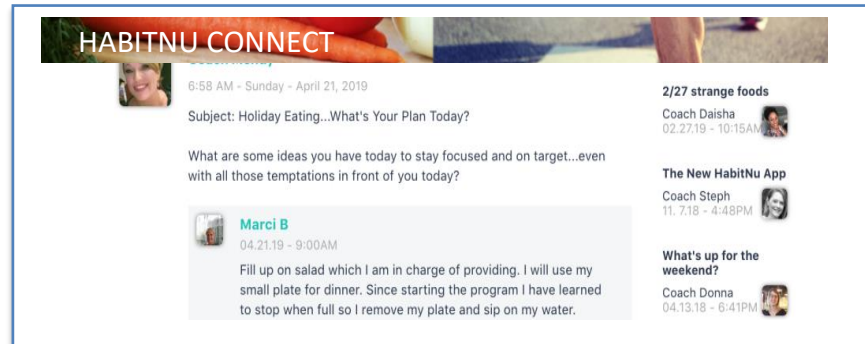


**DEVICE CONNECTIVITY**  
DATA TRANSMISSION  
Withings Scale, BP Cuff  
Activity Tracker

**EDUCATION**  
through short 5 min. videos released weekly



**SECURE COMMUNITY FOR ENGAGEMENT**



**FOOD DIARY**  
Over 600,000 entries, culturally diverse food choices



# CONNECTED DEVICES INTEGRATION

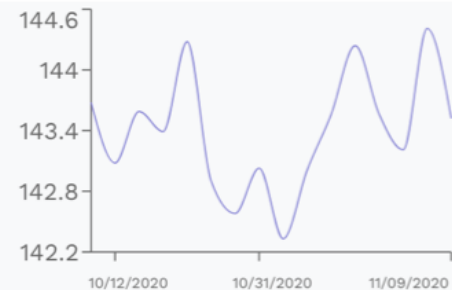
## Weight

Withings Connected Sync Now Disconnect

Current Weight **143.52 lb**

Goal Weight **0 lb**

Weight Report MONTH



## Exercise

Withings Connected Sync Now Disconnect

Connect to [Fitbit](#) / [Garmin](#)

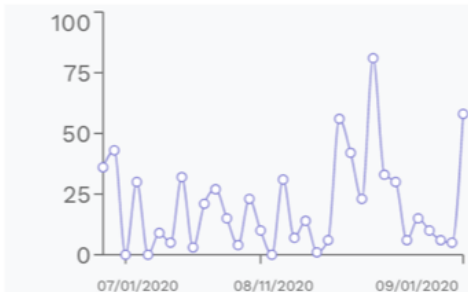
You should exercise for at least 30mins (or 3500 steps) every day.

Number of steps taken today **0**

Time spent on other exercises

Exercise types

Exercise Report YEAR



## Blood Pressure

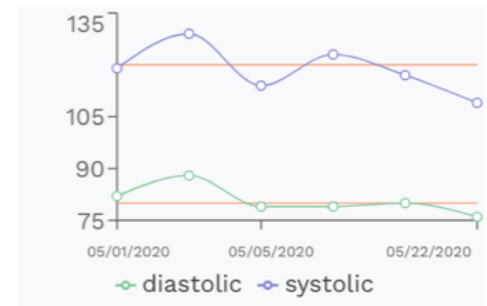
Withings Connected Sync Now Disconnect

You should record atleast blood pressure once every week.

Systolic

Diastolic

Blood Pressure Report YEAR



## Blood Sugar

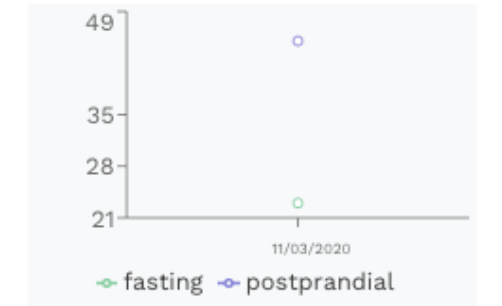
Glucometer Connected Sync Now Disconnect

You should record atleast blood sugar twice a day.

Fasting **123 mm/dL**

Postprandial **145 mm/dL**

Blood Sugar Report WEEK



# COACH CONSOLE FOR DATA AGGREGATION, DPRP REPORTING AND BILLING

## BILLING DASHBOARD



COHORT NAME : HabitNu252

REGISTERED PARTICIPANTS	ACTIVE PARTICIPANTS	CURRENT WEIGHT LOSS	MALE/FEMALE	DROPPED OUT	WEEKS COMPLETED
8	8	2.02%	11 / 27	11	22

## AGGREGATE DATA, DPRP SUBMISSION

habftnu CARE PLAN Test Org 29 oct 2020

DASHBOARD PATIENTS TASKS SCHEDULE WORKFLOW COVID 19 SUPER BILLS ADMIN

REGISTERED PARTICIPANTS: 8 ACTIVE PARTICIPANTS: 8 MALE/FEMALE: 4/4 DROPPED OUT: 0

DEMOGRAPHIC BILLING OUTCOME

**Overdue Claims (from time of creation)**

Category	Amount
30 days	\$2056
60 days	\$478
90 days	\$500
120 days	\$47
150 days	\$92

**Charge Breakdown**

Category	Amount
Payments	\$7,390.00
Adjustments	\$2,803.00
Patient Portion	\$283.00

**Blocked Claims**

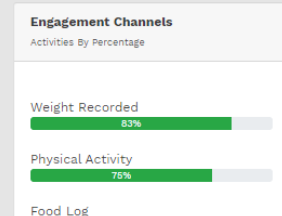
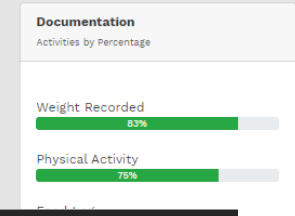
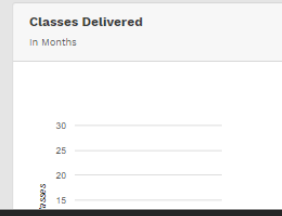
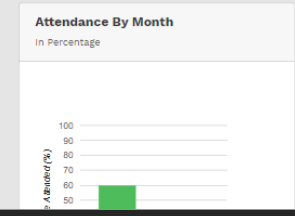
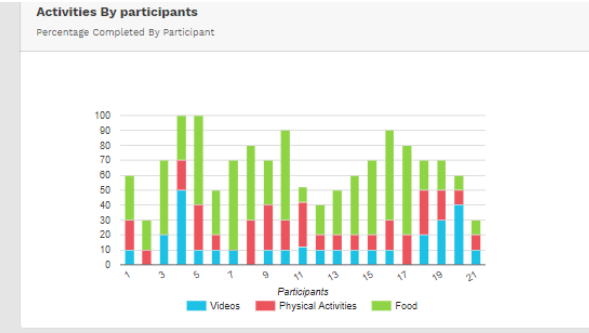
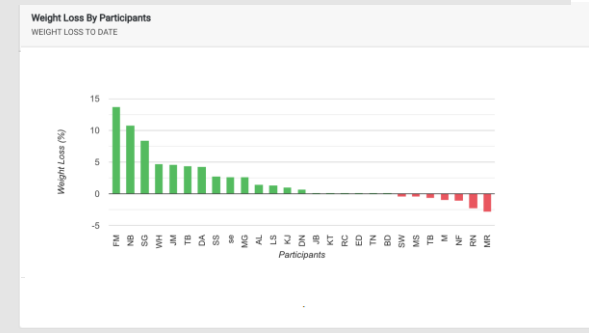
Category	Count
MO	1
MS	1
OK	1
IL	1
IN	1
IA	1
WI	1

**Claims per Payer**

Payer	Count
Self pay	35 claims
Commercial Payer	12 claims
Medical	14 claims
Medicare Advantage	32 claims
Medicare	28 claims

**Claims per Stage**

Stage	Count
Reimbursed	35 claims
Denied	9 claims
Correction	8 claims
Pending	18 claims
Incomplete	22 claims



## OUTCOMES, DPRP REPORTING

habftnu CARE PLAN Test Org 29 oct 2020

DASHBOARD PATIENTS TASKS SCHEDULE WORKFLOW COVID 19 SUPER BILLS ADMIN

REGISTERED PARTICIPANTS: 8 ACTIVE PARTICIPANTS: 8 MALE/FEMALE: 4/4 DROPPED OUT: 0

DEMOGRAPHIC BILLING OUTCOME

**Class attendance**

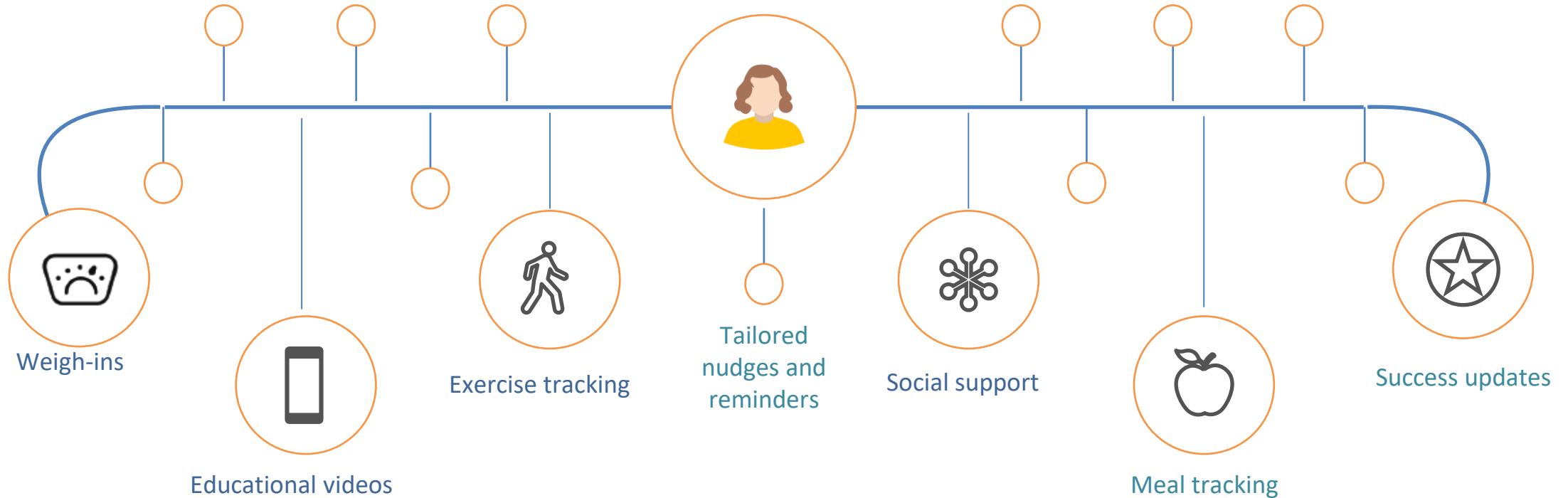
**Reduction in HbA1c**

Reduction	Percentage
3%+	22%
2-3% points	22%
1% point	17%
0.5% point	39%



# HIGHLY ENGAGING JOURNEY UNDER THE GUIDANCE OF A HUMAN LIFESTYLE COACH

The average participants gets over 17 touch points each week



- HabitNu App and tools keep participants engaged between sessions.
- Our lifestyle coaches help participants learn new skills, sets goals, and keep them motivated.
- A private social network moderated by the lifestyle coach keeps the participants engaged.

## HABITNU DPP SERVICE DELIVERY WORKFLOW

<b>RECRUITMENT/ ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Employees directed to online portal to take the risk qualifier/eligibility survey</li> <li>• Insurance eligibility is obtained and verified via REST API calls to/from Employer Health Plan</li> <li>• Eligible employees will be invited to join the HabitNu DPP program</li> <li>• HabitNu onboarding team is notified in real time via secure email about the prospective participant</li> </ul>
<b>ENROLLMENT</b>	<ul style="list-style-type: none"> <li>• Enrolled participant receive a welcome email to join the program</li> <li>• Onboarding team assigns participant to a group led by a HabitNu coach</li> <li>• HabitNu coach contact each participant to introduce the HabitNu DPP program</li> <li>• Participant will be asked to download the HabitNu App</li> <li>• If available, Wi-Fi scale will be ordered by HabitNu and shipped to participant</li> <li>• Coach/participant communications will occur through internal messenger in the App</li> <li>• Questions relating to program, device connectivity, etc. addressed by the Coach</li> </ul>
<b>PROGRAM DELIVERY</b>	<ul style="list-style-type: none"> <li>• Virtual classroom sessions is made possible via secure HabitNu Connect</li> <li>• Attendance is tracked in HabitNu's Coach/Caregiver Console</li> <li>• Engagement metrics are collected via wireless integration with HabitNu App</li> <li>• Coach Console captures insights on individual participants and cohort</li> </ul>
<b>CLAIMS SUBMISSION</b>	<ul style="list-style-type: none"> <li>• Clean Claims submitted to Employer Health Plan</li> <li>• Remittance Received from payer</li> <li>• Engagement and outcomes reports generated</li> </ul>



Confidential



**JOIN US AND MAKE AN IMPACT**



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