

Transform

A collection of digital therapeutics for condition prevention and management



Prediabetes



Weight Management



Blood Pressure





Evidence-based solutions with proven effectiveness

A focused approach to behavior change, supporting cardiometabolic syndrome, and creating a framework for successful use of GLP-1s. With a proven track record of leading results, Transform embraces sustainable and steady lifestyle modifications that last long after the program is complete.



Prediabetes

A 12-month behavior change program for adults at risk of developing type 2 diabetes.

1/3

American adults have prediabetes



Weight Management

A 12-month behavior change program for overweight and obese adults.

2/3

Have a BMI in the obese or overweight category



Blood Pressure

A 12-month behavior change program for adults with moderate to high blood pressure.

1/2

Have moderate to high blood pressure

Validated results

Results that surpass industry standards



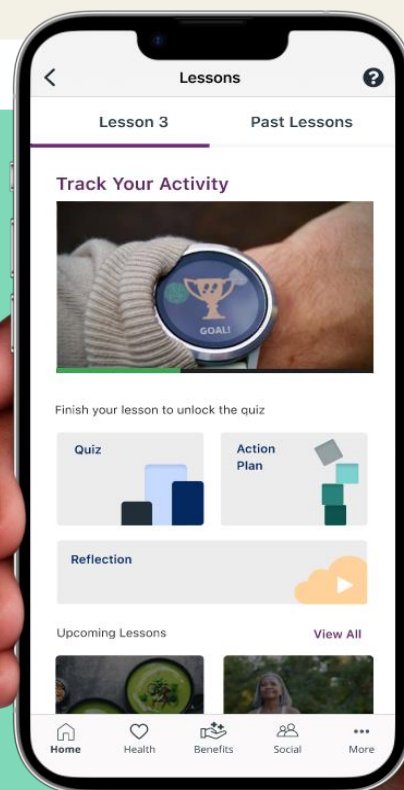
Peer-reviewed published research



CDC-recognized



Evidence-based curriculum





Striking the right balance of technology and human connection

Outcomes-focused solutions combining the best of smart technology, consumer-friendly tools and a specialized coaching team for those at-risk of developing lifestyle-related chronic conditions.

Connected Smart Devices



Auto-synced Smart Scale

Wifi-enabled scale that provides accountability and instant feedback.



Prediabetes



Activity Tracker

Integrated behavior tracking tools. Members earn an activity tracking device by participating.



Weight Management



Blood Pressure Monitor

Wifi-enabled blood pressure monitor allows effective self-monitoring, shown to lower blood pressure.¹



Blood Pressure



Evidence-based Curriculum



Holistic Lesson Plans

Self-paced learning modules include quizzes, action plans, and self-reflections. Topics cover all dimensions of wellbeing.



Photo-enabled Food Log

Easy to use photo-enabled food log encourages better tracking and provides intrinsic motivation.

High-Touch Human Support



One-on-One Sessions with a Health Coach

Professional Health Coaches provide tailored guidance and individualized support to each member.



Transform has been a blessing in my life and came at just the right time. The lessons, emphasis on making small changes and setting goals, helped each week seem like I was doing something different, so I did not get in a rut or feel bored. And having my coach as a guide, mentor, educator and cheerleader has been invaluable.

Transform Prediabetes participant, 2024

The Transform advantage

More effective solutions and more engagement



More Engagement

50%

Transform is seamlessly integrated within the Personify Health platform, driving 50% engagement any given month on average¹



Reduced Risk

58%

Participants who achieve program goals cut their risk of developing type 2 diabetes by 58%^{2,3}



Better Outcomes

49%

Transform outperforms similar programs' weight loss average by 49%, according to the American Diabetes Association³



Covering the continuum of health needs

Transform increases access to cost-effective care. Our comprehensive solutions engage the healthy to keep them healthy, reverse population trends for those with moderate risk, and effect lasting change for those with high risk to save costs.



Part of your personalized health platform

Reap the cost-effective benefits of our digital therapeutic solutions in an intuitive one-stop experience. Our connected experience consolidates your benefits while giving participants virtually unlimited pathways to better wellbeing for holistic support throughout and beyond the program.

(1) Personify Health Best Practice Engage Clients, 2021. (2) JMIR Diabetes 2019 Jul-Sept; 4(3), <https://diabetes.jmir.org/2019/3/e13904/>. (3) JMIR Diabetes 2022 Jan-Mar; 7(1), <https://diabetes.jmir.org/2022/1/e23243>



Get ahead of the GLP-1 cost curve

The Challenges

High Cost

- Potential 300% increase in Rx costs for employers
- Financially inaccessible for most members

Sustainability

- Unpleasant side effects, no behavioral or lifestyle support
- Long-term regimen, rebound weight gain risk if discontinued

Authorization Process

- Variable requirements
- Complex steps for approval

Our Solution

Transform Weight Management

Cost Containment

- Facilitates long-term cost control strategy
- Prerequisite 6 months of Transform engagement

GLP-1 Companion

- Structured, holistic weight management program
- Behavior change and lifestyle support for lifelong skills

Authorization Support

- Completion reporting
- Rx prescribing path and help connecting to virtual care

Transform Weight Management

All they need to build lifelong skills to achieve and maintain healthy weight, nutrition, and activity



Comprehensive care path designed for self-efficacy



Evidence-based, personalized curriculum



Achievable plans for lasting outcomes



Connected smart devices for accountability

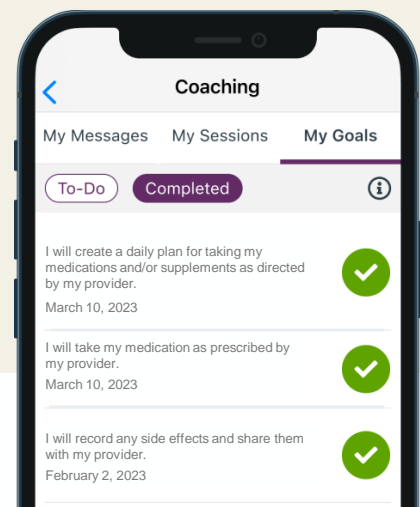


Trusted human support

12-month program with focused GLP-1 support

Featuring

- ✔ Expert educational content on medication and symptom management
- ✔ Personalized GLP-1 coaching plan





Focused solutions for the most costly chronic conditions

Curtail the rising costs of lifestyle-related conditions with Transform, a collection of evidence-based digital therapeutics for condition prevention and management. Invest in a clinically-validated solution with industry-leading engagement and outcomes and comprehensive wellbeing support.

Best-in-class digital therapeutics in a world-class whole person engagement experience

-  Web and mobile experience with segmentation capabilities
-  Multimodal, industry-leading coaching with high-touch, whole-person support
-  Evidence-based, comprehensive care and behavior change program
-  Integrated within your personalized health platform
-  Flexible billing models including milestone-based pricing with billing as a claim on the roadmap



96% Satisfaction
Among those who improved their weight, activity, and mental wellbeing


51% Achieve program goals
Clinically significant weight loss of 5% or 4% weight loss with 150 minutes of activity per week on average

71% More empowered
And know how to continue improving their health



 **Transform Prediabetes**

 **Transform Weight Management**

 **Transform Blood Pressure**

Empower members to take an active role in their health to reduce the risk of chronic conditions.

Learn more at personifyhealth.com