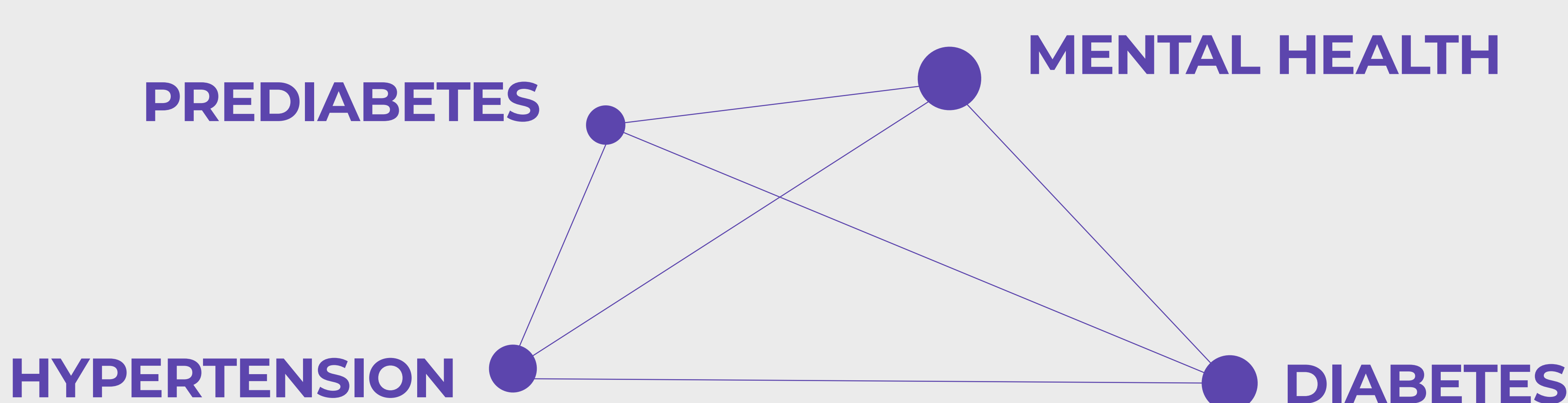


# MULTI-PROGRAM CHRONIC CONDITION SOLUTIONS AMPLIFY OUTCOMES

## CHRONIC CONDITIONS ARE PREVALENT, COSTLY AND DON'T EXIST IN ISOLATION



OF U.S. ADULTS LIVE WITH 2 OR MORE CHRONIC CONDITIONS<sup>1</sup>



**180M**

LIVE WITH MENTAL HEALTH ISSUES<sup>2</sup>



OF HEALTHCARE SPENDING IS ON CHRONIC CONDITIONS<sup>3</sup>

### OUR INTEGRATED APPROACH WORKS

A recent study\* shows multi-program solutions help improve outcomes for people with multiple conditions



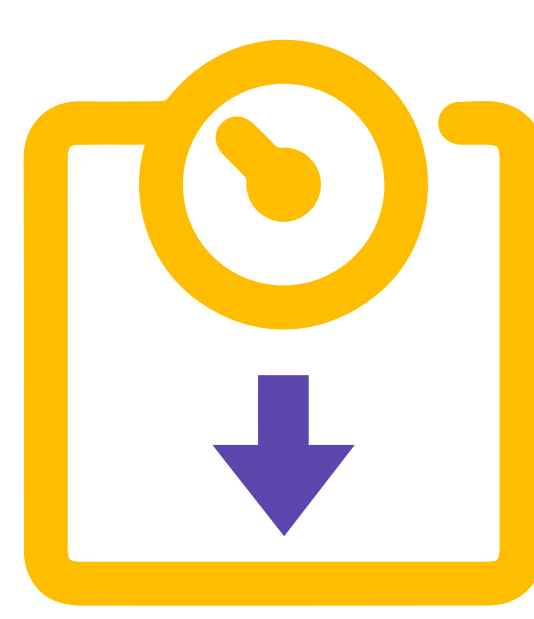
**ENROLLING IN A MENTAL HEALTH PROGRAM IS THE BIGGEST CONTRIBUTOR TO IMPROVED OUTCOMES**

MEMBERS WITH MULTIPLE CHRONIC CONDITIONS ENGAGING IN A PROGRAM FOR **1** CONDITION OFTEN IMPROVE IN OTHER AREAS

INDIVIDUALS EXPERIENCE IMPROVED OUTCOMES IN THEIR ANCHOR CONDITION WITH EVERY ADDITIONAL PROGRAM THEY ENROLL IN



Mental health programs lead to better overall outcomes



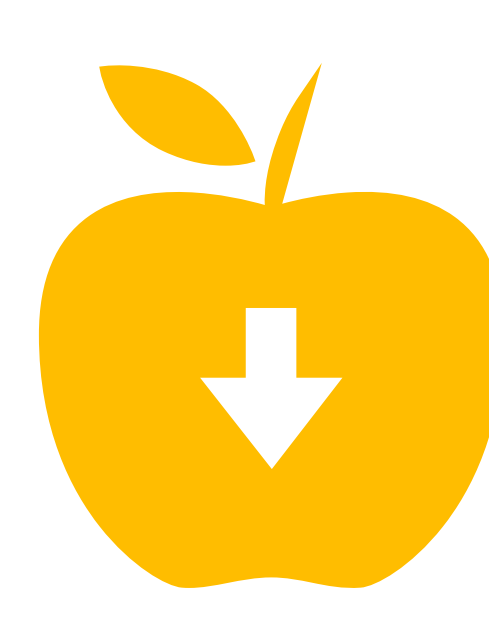
**1.5%**

AVERAGE ADDITIONAL WEIGHT LOSS OVER A WEIGHT MANAGEMENT PROGRAM ALONE



**9.9**MMHG

AVERAGE ADDITIONAL REDUCTION IN BLOOD PRESSURE OVER A HYPERTENSION PROGRAM ALONE



**0.5%**

AVERAGE ADDITIONAL A1C REDUCTION OVER A DIABETES PROGRAM ALONE

### MORE PROGRAMS YIELD GREATER RESULTS

Average additional A1c reduction for those enrolled in multiple programs

2 programs

**-0.2%**  
HbA1c

3 programs

**-0.4%**  
HbA1c

4 programs

**-0.6%**  
HbA1c

▼ **0.2% average**

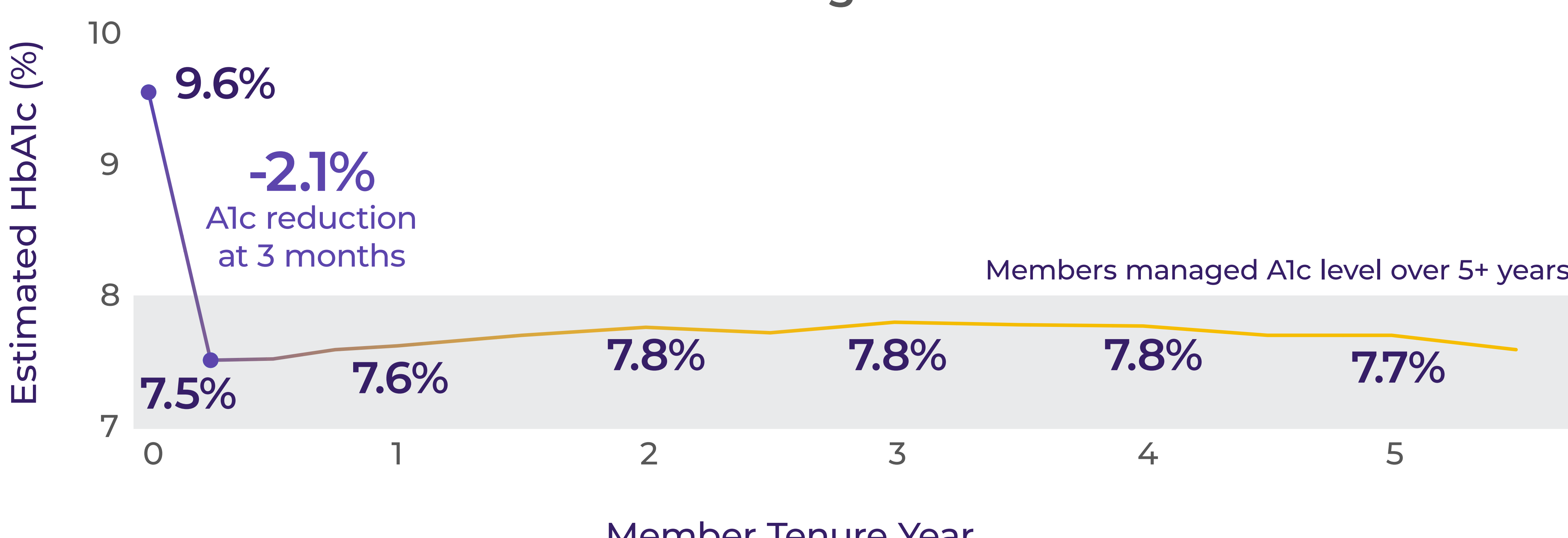
additional A1c reduction for every additional program enrolled<sup>4</sup>

▼ **5mmHG average**

additional reduction in systolic blood pressure for every additional program enrolled<sup>4</sup>

### MEANINGFUL AND SUSTAINED RESULTS

A1c reduction by time with the program for members with starting A1c ≥ 8<sup>4</sup>



**INTEGRATED  
CONDITION  
MANAGEMENT**

- **Easier** management
- **Improved** health outcomes
- **Lower** cost of care
- **Better** member experience

<sup>1</sup>Centers for Disease Control and Prevention, Chronic Diseases in America

<sup>2</sup>National Alliance on Mental Health "Mental Health By the Numbers"

<sup>3</sup>Centers for Disease Control and Prevention, Health and Economic Costs of Chronic Diseases

<sup>4</sup>Member tenure year 0: average self-reported A1c at registration. Data Source: DS-10501

\*STUDY SIZE & SCOPE: 24,000+ members with chronic conditions across 34 Teladoc Health clients

PROGRAMS: Teladoc Health Chronic Condition Management Plus

SAMPLE OUTCOMES: Additional 0.6% A1c reduction; additional 15 mmHG reduction in systolic blood pressure; additional 1.5% weight loss among members enrolled in multiple programs, including mental health