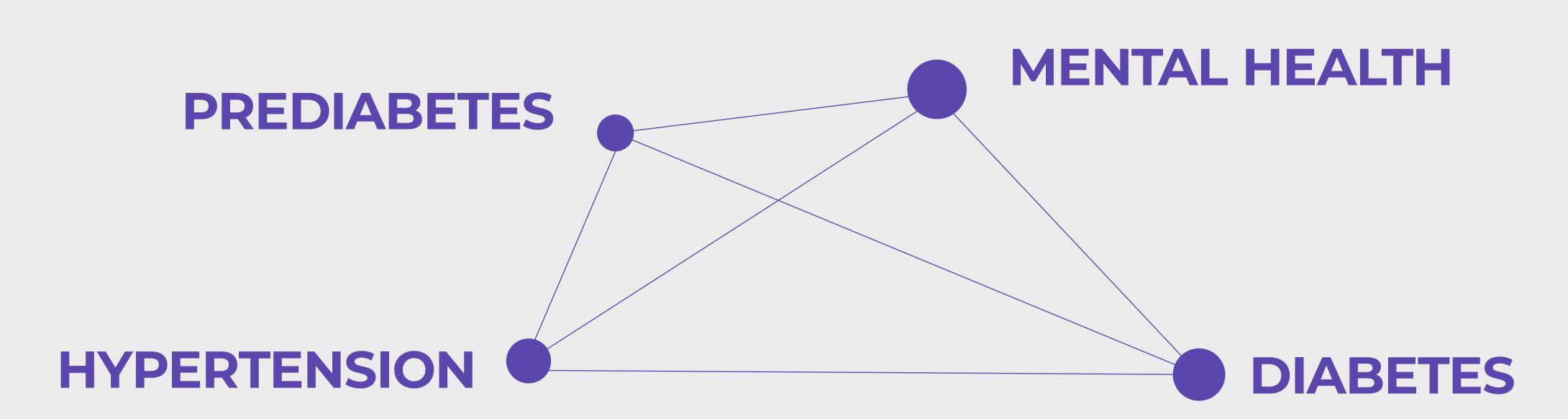
MULTI-PROGRAM CHRONIC CONDITION SOLUTIONS AMPLIFY OUTCOMES

CHRONIC CONDITIONS ARE PREVALENT, COSTLY AND DON'T EXIST N BOLATION





OF U.S. ADULTS LIVE WITH 2 OR MORE CHRONIC CONDITIONS¹



90% OF HEALTHCARE SPENDING IS ON

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**



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**

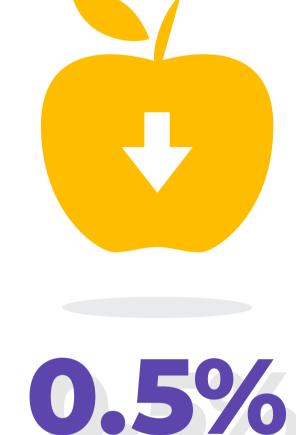
WEIGHT LOSS OVER A WEIGHT MANAGEMENT PROGRAM ALONE



AVERAGE ADDITIONAL

REDUCTION IN BLOOD

PRESSURE OVER A **HYPERTENSION** PROGRAM ALONE



AVERAGE ADDITIONAL

AIC REDUCTION

OVER A DIABETES PROGRAM ALONE

Average additional Ac reduction for those enrolled

MORE PROGRAMS YIELD GREATER RESULTS

in multiple programs 2 programs 3 programs 4 programs

-0.2% **HbA1c**

-0.4% HbA1c

-0.6% HbA1c

additional A1c reduction for every additional program enrolled⁴

▼ 0.2% average

additional reduction in systolic blood pressure for every additional program enrolled⁴

▼ 5mmHG average

MEANINGFUL AND SUSTAINED RESULTS

Alc reduction by time with the program for members

with starting Alc ≥ 8⁴

9.6% -2.1%

Estimated HbAlc (%) at 3 months 8 7.6% 7.5%

INTEGRATED

A1c reduction

10

9

4

mproved health outcomes

7.8%

5 Member Tenure Year

Members managed A1c level over 5+ years

7.7%

• Easier management

7.8%

3

7.8%

- Lower cost of care • Better member experience

SAMPLE OUTCOMES: Additional 0.6% A1c reduction; additional 15 mmHG reduction in systolic blood pressure; additional 1.5% weight loss among mem-

¹Centers for Disease Control and Prevention, Chronic Diseases in America ²National Alliance on Mental Health "Mental Health By the Numbers"

³Centers for Disease Control and Prevention, Health and Economic Costs of Chronic Diseases ⁴Member tenure year 0: average self-reported A1c at registration. Data Source: DS-10501

bers enrolled in multiple programs, including mental health

PROGRAMS: Teladoc Health Chronic Condition Management Plus

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