

Overview for Employers

Digital Health Coaching



Chronic conditions are a major contributor to the costs of insurance premiums and employee medical claims, which are at an all-time high and continue to rise. In-house wellness solutions are a great start, but what if they miss the mark? A 2017 survey reported that while 56% of employers believe their well-being programs encourage employees to live a healthier lifestyle, only 32% of employees agree. Typical wellness programs can be generic and impersonal. Designing a program that meets individual employee needs is key to sustainable engagement and meaningful outcomes. At Pack Health, our Health Advisors provide personalized coaching to change behaviors, reduce barriers, and coordinate care.



Pack Health: Digital Health Coaching



Data-Driven Behavior Change

We leverage behavior, barrier, and wellbeing data to tailor engagement and change behaviors.



Simple and Scalable

Zero logins, just phone calls, texts or emails, and simple tools designed for the end user.



Designed to Support

Our flexible billing options and platform integrations are designed to augment existing wellness initiatives.

Typical Results



On average, members with Type 2 Diabetes **reduce their HbA1c by .90.**



On average, Rheumatoid Arthritis members are able to **reduce monthly flares by 50%.**



On average, members are able to lose **3% of their body weight.**



58% of members who were medication non-adherent were adherent after 90 days.

25+ Conditions Covered

- Diabetes
- Prediabetes
- Diabetes Prevention
- Hypertension
- Heart Failure
- Dyslipidemia
- Weight Management
- Atrial Fibrillation

- Rheumatoid Arthritis
- Multiple Sclerosis
- IBD (Crohn's & Colitis)
- Psoriasis
- Psoriatic Arthritis

- Hepatitis C
- Osteoarthritis
- Chronic Pain
- Menopause
- Depression
- Joint Pain
- Back Pain
- Overactive Bladder
- Opioid Misuse Prevention

- Tumor-Specific
- Cancer Symptom Management

- Asthma
- COPD
- Idiopathic Pulmonary Fibrosis

Pack Health is a digital health coaching company that helps employees with chronic conditions access the right care and develop the self-management skills to achieve better health and well-being.

Learn more at:
solutions.packhealth.com