

Population Health Program Updates

Lunch and Learn

County of Summit
February 12th, 2025

Management of Chronic Conditions

- Engagement opportunities based on members' health and preferences
 - Digital
 - Telephonic
 - Remote Monitoring
- Customized support for members with various chronic conditions including:
 - Asthma
 - Heart Disease
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Diabetes
 - Hypertension
 - MSK / Pain Management
 - Pelvic Health Therapy

Uniting with our **partners**
to help people **live** healthier
through all stages of **life**.

+ My Health Plan

Hello, welcome.

Managing Chronic Conditions

Programs to Manage Chronic Conditions

We offer programs that help manage chronic conditions to support the care you receive from healthcare providers. These programs offer support through digital health coaching, telephonic coaching and home-based monitoring devices, depending on your condition and preference. You'll also have access to specially trained health coaches who can provide valuable knowledge about your condition(s). Available at no out-of-pocket cost to you, benefits include

- Proactive education to help you better understand your condition
- Tips to help you self-manage your condition and make healthy behavioral changes
- Condition-specific supplies, like certain diabetes testing supplies with no copay
- Digital coaching and remote monitoring programs provide cellular technology support that can include a digital scale, blood pressure cuff, glucometer or pulse oximeter
- Online resources, including support for stress, nutrition and fitness

These programs are available to help you manage any of the conditions listed below:

- Asthma
- Heart Failure (HF)
- Coronary Artery Disease (CAD)
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Hypertension
- Musculoskeletal pain
- Pelvic health issues (individuals with vaginal anatomy, regardless of gender identity)

Enroll Today

Call 1-800-590-2583 (TTY 711) Monday through Friday, 8AM-4PM EST to check eligibility and enroll, or leave a confidential voicemail 24/7. You can also call this number if you are already enrolled and need to talk to your health coach.

Healthy Living

« [Managing Chronic Conditions](#)

[Quit Tobacco](#)

[Wellness Portal](#)

[Health Awareness](#)

[Mental Health](#)

[Healthy Outlooks](#)

[Preventive Care](#)

[WeightWatchers](#)

[Discounts](#)

Did you know?

If you are a diabetic and participate in one of the offered clinical programs (digital coaching, telephonic coaching, remote monitoring or quarterly survey), you are eligible to receive your diabetic testing supplies through Edgepark at no cost!!!

These supplies may include, but are not limited to syringes, pen needles, glucose strips, control solution, lancing device, glucose lancets, glucose meter, alcohol swabs and insulin pump supplies.

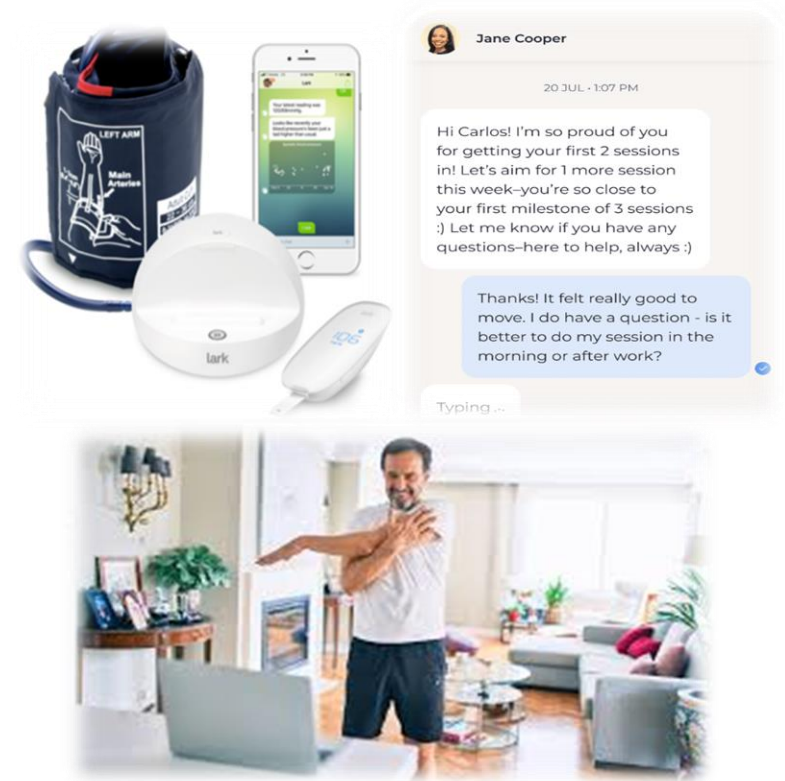
Please call Edgepark at 1-844-564-1010 and let them know you are engaged in one of our clinical programs and they will assist you in setting up an account and ordering your supplies.

You may also contact Population Health Support at 1-800-590-2583 for assistance.

Digital Coaching

Best in class digital coaching customized to meet individual's needs based on their health condition

- Conditions supported
 - Pre-diabetes
 - Diabetes
 - Hypertension
 - MSK / Pain Management
 - Pelvic Health Therapy
- Members receive equipment needed to manage their specific condition at no charge



Digital Coaching

Best in class digital coaching customized to meet individual's needs based on their health condition

lark Diabetes	lark Diabetes	lark Hypertension
PREVENTION PROGRAM	DISEASE MANAGEMENT	DISEASE MANAGEMENT
Lark is a CDC-Recognized National Diabetes Prevention Program Provider	Lark provides diabetes management and coaching anytime, anywhere	Lark provides hypertension management and coaching anytime, anywhere



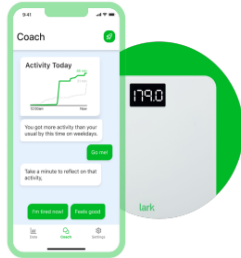
Self-Enrollment

Diabetes Prevention



Managing your health is easier with digital coaching from Lark!

Enroll today and get a smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing your health can be challenging and that's why Medical Mutual and Lark have teamed up to bring you help, tips, and motivation 24/7. Lark's personal coaching is available on your smart phone, and will help you make simple changes that will not only improve your overall health, but help prevent Type 2 diabetes. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a wireless scale that connects directly to the app and even reminds you when it is time to log your weight.

- Create healthy eating habits
- Make time for physical activity
- Improve sleep quality
- Maintain a healthy weight
- Manage stress levels

Choose how you'd like to enroll!!

Take the quick eligibility survey and if you qualify, order your devices at no additional cost to you—it's that simple!

1. Scan this QR code with your smartphone camera
2. QR_Text START to 45595 and use code MedMutual when prompted
3. QR_Go online and visit enroll.lark.com/MedMutual

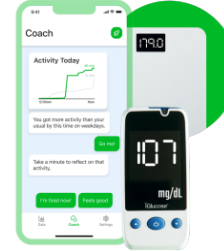


Diabetes Management



Managing your health just got easier with diabetes coaching from Lark!

Enroll today and get a glucometer and smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing your health and diabetes can be challenging and that's why Lark and Medical Mutual have teamed up to bring you the Lark Diabetes Care Program. This program brings you help, tips, and motivation 24/7. Lark's digital diabetes coaching is available on your smartphone, and will help you make simple changes that will manage your health and diabetes easier than ever. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a glucometer and a smart scale that integrates directly with the app.

- Create healthy eating habits
- Make time for physical activity
- Blood sugar tracking and coaching
- Maintain a healthy weight
- Manage stress levels
- Track important appointments

Choose how you'd like to enroll!!

Get started today and claim your device at no additional cost to you

1. Scan this QR code with your smartphone camera
2. QR_Text START to 45595 and use code MedMutual when prompted
3. QR_Go online and visit enroll.lark.com/MedMutual



Hypertension Management



Managing your health just got easier with blood pressure coaching from Lark!

Enroll today and get a blood pressure cuff and smart scale at no additional cost to you.



It's time to take control of your health, and at no additional cost to you. We understand that managing health and controlling blood pressure levels can be challenging and that's why Medical Mutual and Lark have teamed up to bring you help, tips, and motivation 24/7. Your Lark digital coach is available on your smartphone, and will help you make simple changes that will not only improve your overall health, but also control your blood pressure. Lark is included in your Medical Mutual benefits, so there is no additional cost to begin your journey. As an added bonus, if you enroll today, you will receive a blood pressure cuff and smart scale that connects directly to the app.

- Create healthy eating habits
- Make time for physical activity
- Blood pressure tracking and coaching
- Maintain a healthy weight
- Manage stress levels

Choose how you'd like to enroll!!

Get started today and claim your device at no additional cost to you

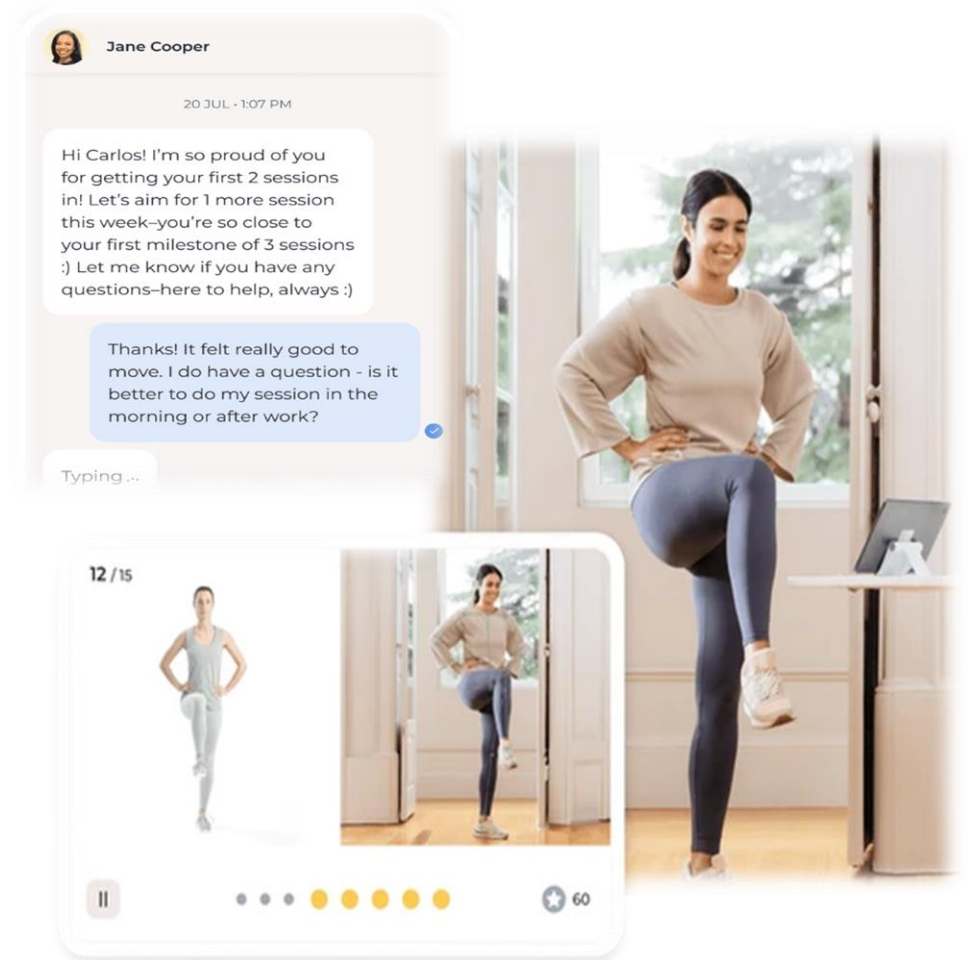
1. Scan this QR code with your smartphone camera
2. QR_Text START to 45595 and use code MedMutual when prompted
3. QR_Go online and visit enroll.lark.com/MedMutual



THRIVE: A SWORD Health Program

Digital Coaching & Virtual Physical Therapy

- Personalized care plan
- 24/7 access
- Equipment is sent directly to member free of charge
- Helps individuals
 - Reduce pain caused by MSK conditions
 - Prevent progression of acute injury to chronic pain
 - Avoid surgery



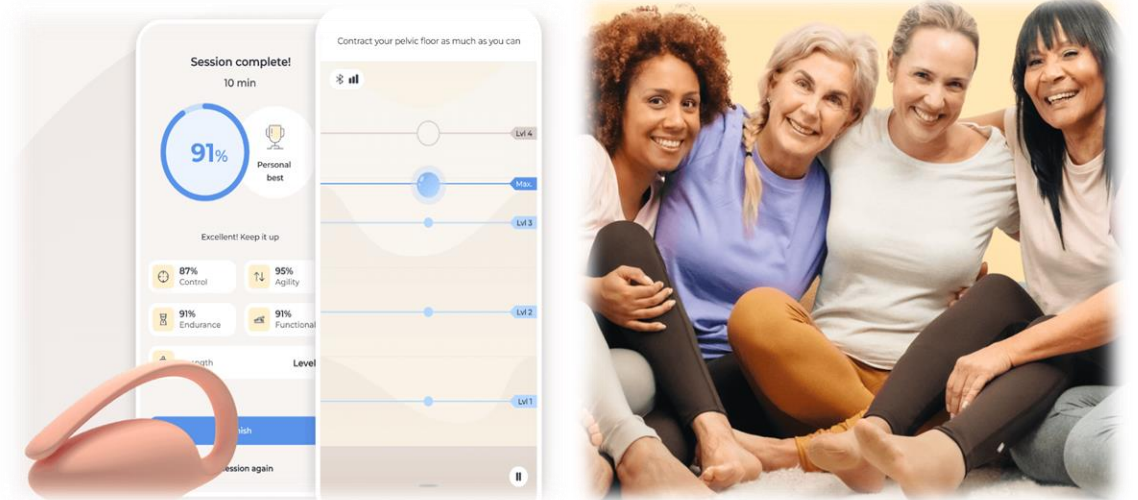
BLOOM: A SWORD Health Program

Pelvic Health Therapy

Assists women with pelvic health issues through physical therapy

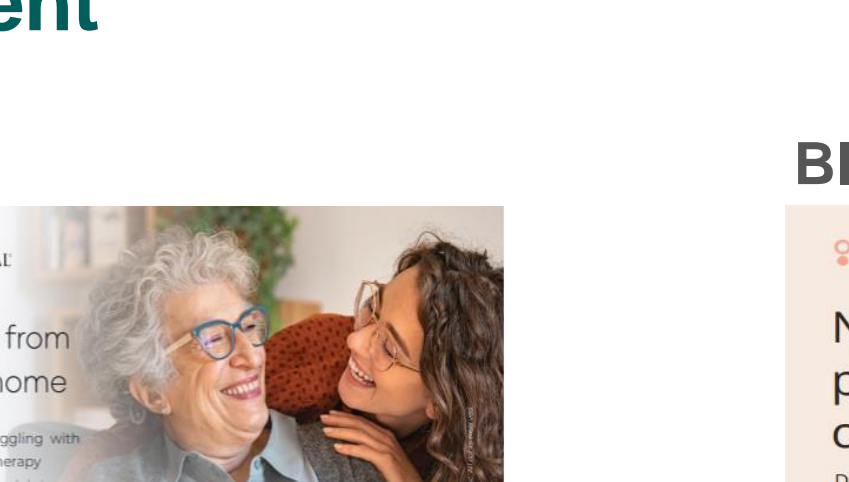
- Helps alleviate issues from Pelvic pain
 - Urinary incontinence
 - Other pelvic floor issues
 - Post-partum
 - Menopause
- Enables a more convenient, higher quality and destigmatized pelvic care, in the privacy of home
- Equipment is sent directly to member free of charge

Did you know? 1 in 4 women suffers from pelvic health disorders. Traditional pelvic care is inaccessible and often stigmatized.



Self-Enrollment

Thrive



sword | **MEDICAL MUTUAL**

Relieve aches + pain from the comfort of your home

Tired of chronic pain or loss of mobility? Struggling with discomfort? Meet Sword, a digital physical therapy program designed to help you overcome your joint, back or muscle pain—all from home.

Combining licensed physical therapists (PT) with easy-to-use technology, Sword is more than just convenient. It can be as effective as in-person physical therapy, and it's available to you at no additional cost.

Here's how it works



Pick Your PT

Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.



Get Your Sword Kit

Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.



Stay Connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



Feel the Relief

Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.

Pain doesn't wait. Why should you?
Enroll today to get started!

join.swordhealth.com/medmutual/register



Bloom



bloom | **MEDICAL MUTUAL**

Next-generation pelvic health care *from home*

Digital pelvic therapy available at no additional cost as part of Medical Mutual's Chronic Condition Management Program.

 Learn more at join.hibloom.com/MedMutual

- 
Bladder Health
- 
Sexual Health
- 
Pelvic Pain
- 
Bowel Health
- 
Pregnancy
- 
Postpartum
- 
Menopause

- 1 Expert, individualized care**
Bloom's individualized care program is guided by Pelvic Health Specialists, all of whom have Doctor of Physical Therapy degrees.
- 2 Safe, intravaginal pod**
The Bloom Pod by Elvie is an intravaginal device that measures contraction, force and lengthening of the pelvic floor muscles. It's encased in medical-grade silicone and provides real-time biofeedback in the app.
- 3 Education throughout the journey**
Developed by leading physicians and physical therapists, Bloom's content hub is a safe space to tackle stigmatized topics and seek relief.
- 4 Full-spectrum solution**
Bloom is clinical-grade, comprehensive and listed by the Food and Drug Administration (FDA).

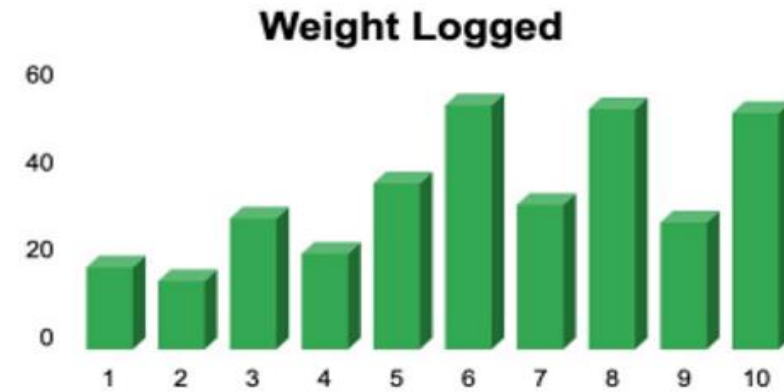
How prevalent are pelvic disorders?

- 1 in 4** women suffer from moderate to severe pelvic health disorders
- 50%** of pregnant and postpartum women have pelvic floor disorders
- 45%** of women with chronic pelvic pain report reduced work productivity
- 10%** of reproductive-aged women have endometriosis
- 74%** of women aged 40-59 suffer from prolapse
- 1 in 3** women suffer from bladder issues

Digital Coaching Success Story

Participant Highlight

This **County of Summit** member joined the program with a primary goal of **Lose Weight**, resulting in a clinically significant **38.6%** loss of their initial body weight. This is an incredible achievement! In addition, this member is highly engaged in coaching conversations, weight logging, and has logged **200+ activity hours** per quarter for the last 6 quarters.



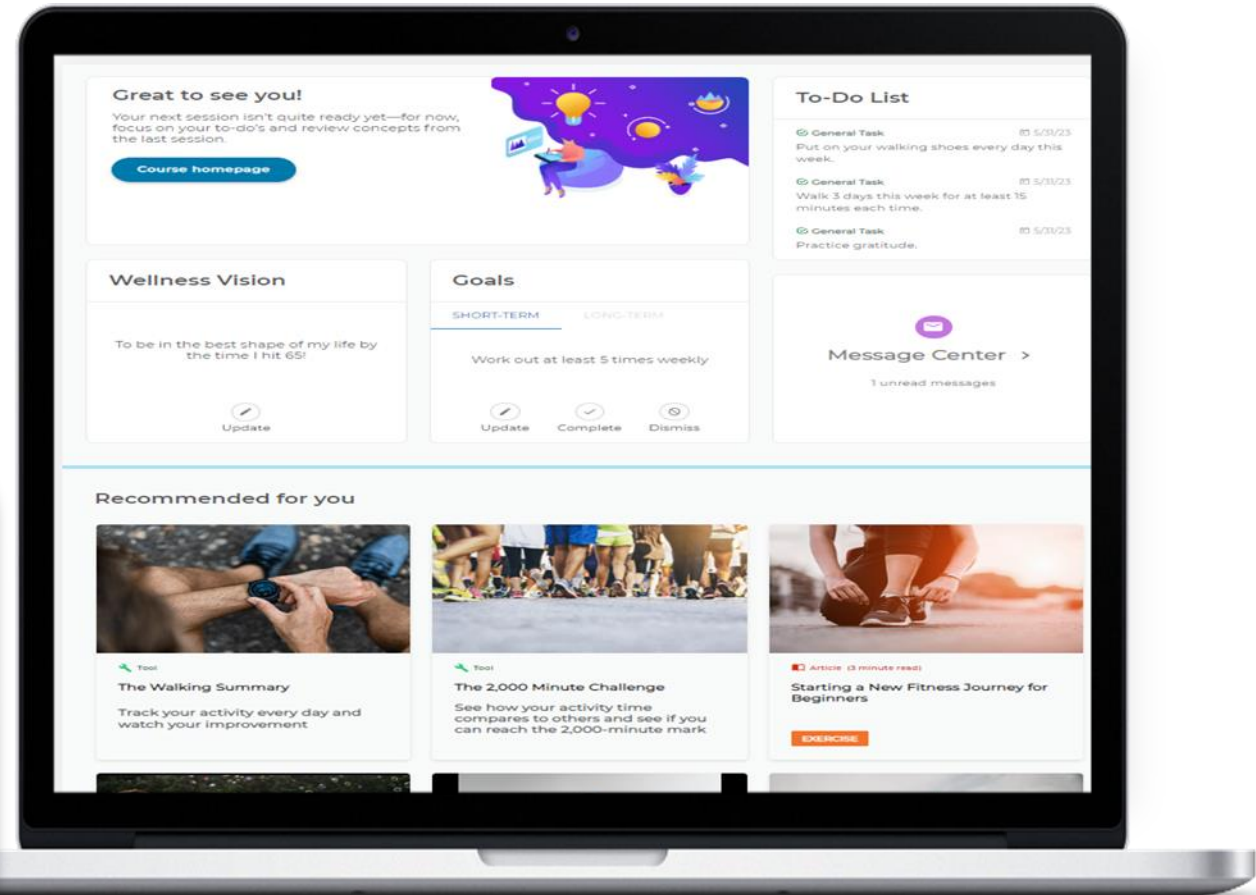
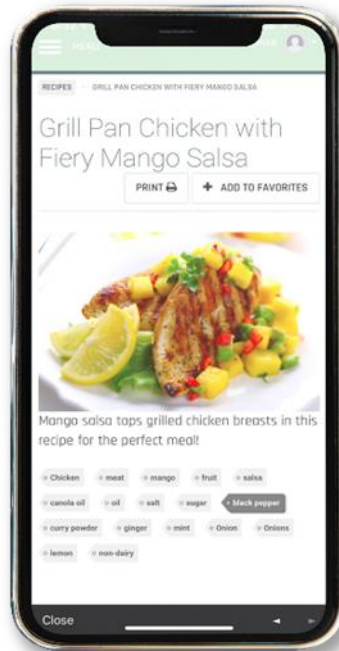
Thank you

Appendix

MedMutual Wellness

Tools and resources to help you stay on track

- Cognitive Training & Microlearning Courses
- Physical Activity tracking with device pairing and app tracking
- Manual trackers (including sleep, mood, goals, etc.)
- Fitness videos, clinically backed articles, and health recipes



Fitbit



Garmin
Connect



iHealth



Withings

Telephonic Coaching



Engage



Evaluate (comprehensive condition-specific assessments and screenings)



Develop and execute individualized condition-specific care plans



Set individualized member goals



Deliver impactful interventions to support member self-management via motivational interviewing



Facilitate care gap closures (Quality and HEDIS measures)



Educate and support navigating healthcare benefits



Coordinate with providers, connect with services/resources



Re-evaluate (program graduation or transition)

Remote Monitoring

- Complete kit consisting of tablet and peripherals
 - Tablet
 - Bluetooth scale
 - Bluetooth blood pressure monitor, pulse oximeter and glucometer
- Biometric and medication schedule reminders (audible and visual)
- Daily performance tracking and health questions
- Disease-specific educational materials
- Video visits and Clinician chat messaging
- Dietary guidance
- Completely portable



Note: Equipment provided, and specific brand and model vary by provider organization and member care plan.