

support for clinicians

Pack Health is an evidence-based patient engagement platform that changes health behaviors to close gaps in care and improve outcomes.

HOW DOES PACK HEALTH HELP MY PATIENTS?

Pack Health works as a complement to clinical care to provide one-on-one support for your patient's needs. Our approach uses weekly check-in calls, patient education, and personalized resources to address behavioral adherence to treatment plans, such as exercise, nutrition, medication adherence, and more.

We engage patients to provide day-to-day support between visits. We're able to help patients improve their lifestyle behaviors, maintain healthy habits, and improve their chronic condition self-management.

HOW DOES PACK HEALTH HELP ME?

Our Health Advisors help echo and support the directives that you give patients in the clinic. We address these issues, saving you time in the exam room and improving patient outcomes and satisfaction.



61%

of providers feel they have **little to no time** and ability to effectively **address their patients' social determinants of health**¹

3 MONTH OUTCOMES

HEALTHY EATING



50%

increase in healthy meals per week

WEEKLY EXERCISE



67%

increase in weekly exercise minutes

MENTAL WELLBEING



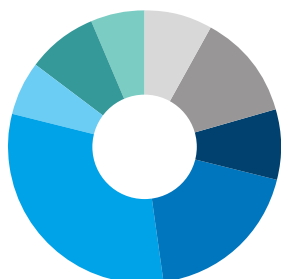
78%

no longer at risk for depression

Data collected from Pack Health internal data set as of 7/27/22

WHAT DO PROVIDERS LIKE ABOUT PACK HEALTH?

In a recent survey, providers highlighted the value provided by collaborating with Pack Health. Findings from the survey are illustrated below:



8%	Patient contract for additional support
19%	Patient education
31%	Adding empowerment, health reminders, oversight at home
6%	Goal-setting
8%	Regular check-ins
6%	Digital aspect
8%	Time-saving
13%	Low cost/free

¹The Physicians Foundation. "2022 Survey of America's Physicians - The Physicians Foundation," June 2022. <https://physiciansfoundation.org/wp-content/uploads/2022/03/SDOH-Survey-Report.pdf>.