

Ciba Health

Digestive Health Program

Case Study

The name of the client is anonymous in this case study, but can be provided upon request along with the contact information for references.



CLIENT AT A GLANCE



Our long-term technology client started working with Ciba Health by offering the Type 2 Diabetes Reversal Program as a benefit to their employees. After seeing incredible results and raving reviews from their employees, the company decided to add the Digestive Health Program to the mix.

CHALLENGES



Digestive health problems present significant challenges for the company when it comes to providing coverage and support for their employees. Debilitating symptoms such as nausea, constipation, diarrhea, and abdominal pain contribute to absenteeism, as well as overall productivity. Irritable bowel syndrome is responsible for an average of two missed days of work per month or 24 days per year. It also impacts employee productivity for up to 9 days per month.

SOLUTIONS

After a highly successful launch of the Type 2 Diabetes Reversal Program, the company introduced the Digestive Health Program to their employees in an attempt to help more people with chronic conditions. After their initial engagement, the company was confident in Ciba Health's ability to provide sustainable lifestyle changes that will deliver long-term health outcomes.

Ciba Health

Digestive Health Program

Results & Patient Outcomes

Aggregated
results of all
company
members



100%

Improvement in GI
related symptoms



9 LBS

Average weight loss



85%

Program
completion rate



95%

Engagement rate



3:1 ROI

Based on the cost of
managing the
condition

**Average numbers over 12-months*

Member Case Study



Member Concerns

- IBS
- Inability to lose weight
- Constipation
- Diarrhea
- Gassiness
- Bloating
- Sleep issues

Care Team Solution

- Met with the member, reviewed medical history, and empathized their concern
- Created a personalized plan intervention by the Physician
- Advanced lab work to uncover specific drivers or root cause
- Visits with coaches for accountability, and with dietitian for tailored eating plan support
- Visits with physicians to gauge therapeutic response over the course of the program is ongoing

Outcome

- Better overall clinical outcome improvement
- A loss of 8 lbs. of fat and gain of 2 lbs. of lean muscle mass over 6 months
- PROMIS 10 score saw improvement of +3
- Overall satisfaction of the program is rated at a 9 on an overall scale of 10

Why our client chose Ciba Health

1 Multidisciplinary Care team

Each patient works with a physician-led, multidisciplinary care team, leveraging cutting-edge technology to implement each patient's personalized treatment plan.



2 Chronic Disease Reversal

Ciba Health is utilizing a whole-health, root-cause approach to reverse digestive disorders and reduce or eliminate prescription costs.

3 'Pay per engaged member per month' (PEMPM) model

Our pricing model is based on the engagement we achieve with our patients, rather than a fixed payment per member per month. We are open to outcome-based contracts assuming the risks of managing the patient.

4 Whole-Health Outcomes

By treating the root cause of chronic conditions, Ciba Health delivers clinically proven benefits to overall health. This approach results in medication reduction from related conditions and symptoms. Patients feel an increase in energy levels, productivity, and mental health improvements.

Member Testimonials

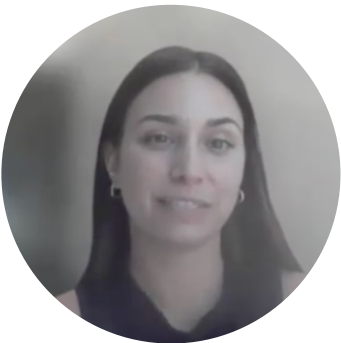


Patty, Digestive Health Program member



Scan or click to watch a full video testimonial

"I make better choices of what I eat. The program gave me awareness, and I'm feeling better. It's beneficial, it's just beneficial. All of the members of the team are really nice and make me feel comfortable. It's great to have a dietitian, health coach, a doctor. You can send a message if you have a question and they answer back very quickly, which is wonderful. I would recommend it 100%." - Patty Z.



Madison, Digestive Health Program member



Scan or click to watch a full video testimonial

"Over the last couple of years I didn't even realize how I was feeling because I was so used to feeling bad. Everyone always says "you want to feel your best", "you want to look good", but when you don't know what that is how would you even know where to start? Ciba Health's doctors and the whole team helped me get there. Honestly, if I had not done Ciba Health, I would continue living like this. It's funny when you have someone say that something is life-changing, but this program has seriously changed a lot for me. I don't have children yet, but if that day ever comes, a lot of those things I learned at Ciba Health will continue to our family for sure." - Madison P.