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Whole-person care and root-cause medicine to prevent and reverse chronic disease

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ciba health

The healthcare system is based on an episodic, acute care model.

Most Physicians treat the symptoms, not the cause.

Focusing on one diagnosis can lead to missing comorbidities.

Chronic disease prevention & management programs are often one-size-fits all.

Standard medication is often the first line of treatment.

We are not all built the same and shouldn't be treated that way.

Conventional approach to chronic disease management



Ciba Health's Approach

- We have a unique methodology focused on treating the root causes of a disease rather than the symptoms.
- Integrated care model & multidisciplinary care team.
- Utilizing wearable technology. Advanced lab testing.
- High touch service. Personalized health care.





While diagnoses may seem the same, **causes and solutions can differ greatly**. This lack of personalization leads to costly, ineffective care and ongoing health decline. We offer tailored solutions to break this cycle to lower cost and achieve sustainable health outcomes.

We offer a **360-degree** look at each member and deliver personalized care through proprietary clinical protocols, behavioral support and cutting-edge technology.

Conditions we address include:

Cardiometabolic Disease

- Type 2 Diabetes
- Obesity
- GLP-1 Step Therapy
- Pediatric CMD

Digestive Disorders

- Crohn's Disease
- Irritable Bowel Disease

Autoimmune Disease

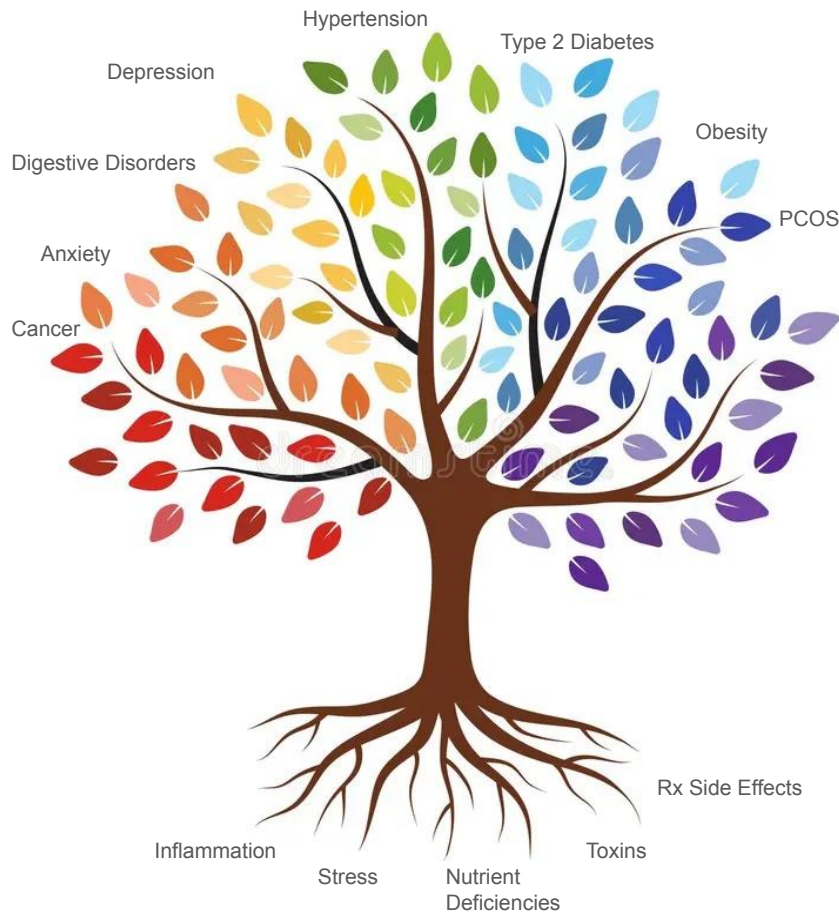
- Hashimoto's Thyroiditis
- Rheumatoid Arthritis
- Lupus

Mental Health

- Depression
- Anxiety



Treating the Root Cause



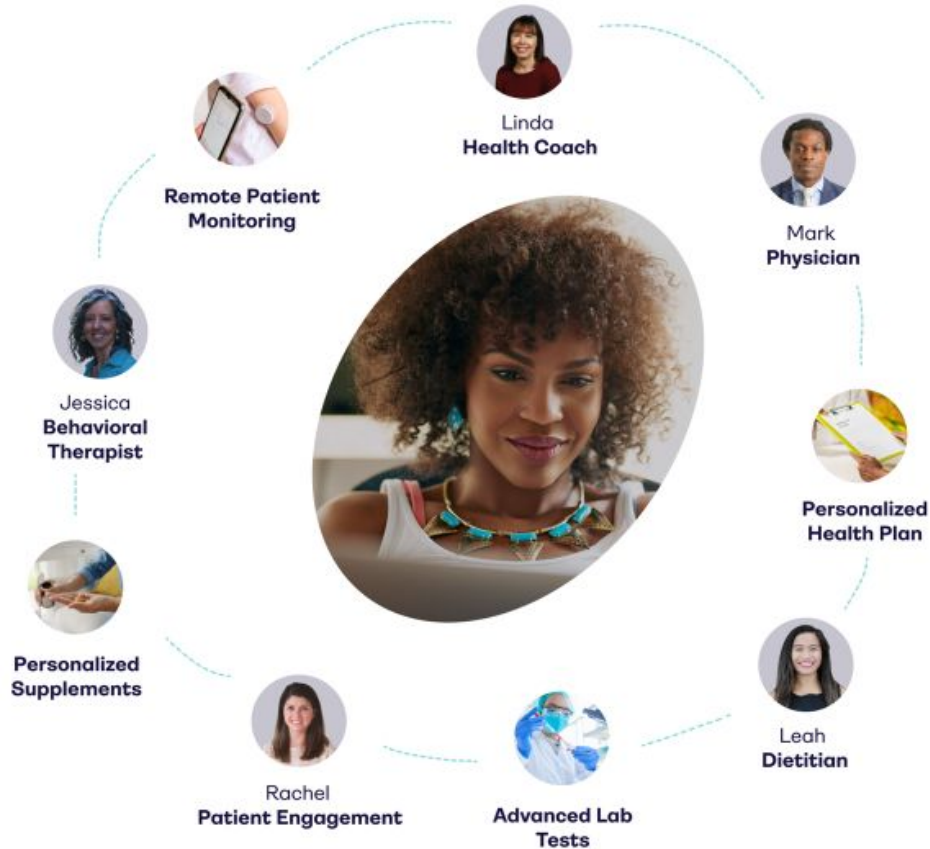
Symptoms

Root Cause

Diabetes
High Blood Pressure
Infertility
Depression
Anxiety
Cancer
PCOS
High Cholesterol
Irritable Bowel
Autoimmune Disease
Chronic Fatigue
Hormone Imbalances
Thyroid Issues
Obesity

Inflammation
Stress
Poor Diet
Toxins
Lack of Sleep
Unhealthy Relationships
Nutrient Deficiencies
Lack of Exercise
Negative Thoughts
Trauma
Genetics
Poor Digestion
Lifestyle Choices
Side Effects of Rx

High-Touch & High-Tech Delivery

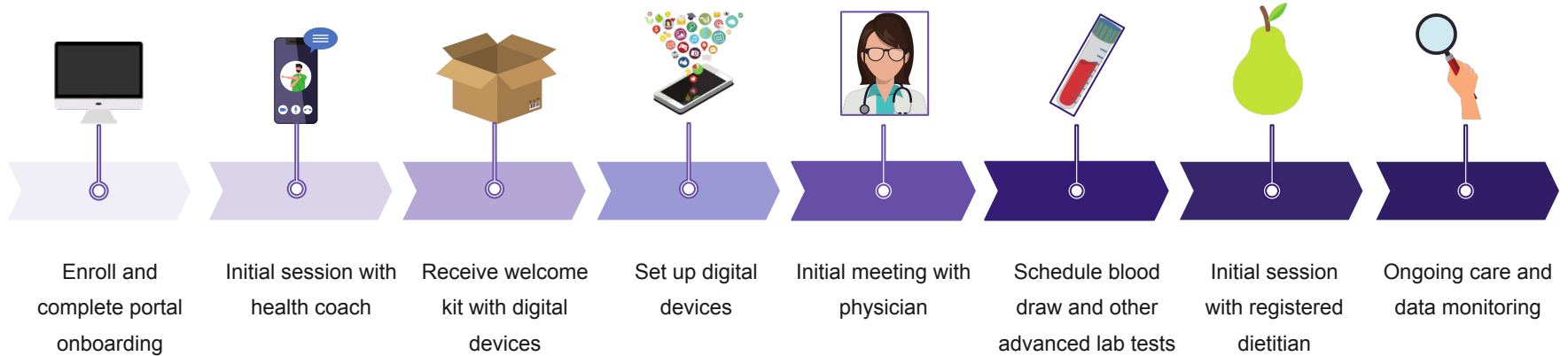


High Touch

A dedicated team of licensed physicians, registered dietitians, and certified health coaches analyzes each patient's medical history, lifestyle, and unique biochemistry to create a personalized health plan.



Patient Journey



Access to care is available in patient's preferred language. Patient engagement specialist is available to go through onboarding individually with each patient.

Ciba Health's health coach will create a personalized exercise and movement plan that is compatible with each patient's environmental circumstances.

Each patient has an option to set up their devices with their health coach during the visit.

Each member of the care team takes time to properly educate patients on their symptoms and conditions. Physician visits can be as long as 75 minutes.

Patients have an option to use at-home test kits and mobile phlebotomists, when possible

Ciba Health's dietitian is taking into account each patient's environments circumstances and helps patients navigate the access to higher quality food.

12-MONTH CHRONIC DISEASE REVERSAL PROGRAM*

Description

Addresses all or selected high cost drivers of chronic conditions such as: prediabetes, obesity, type 2 diabetes, hypertension, digestive disorders, autoimmune diseases, depression, anxiety, and more by uncovering the unique drivers of one's condition with a multidisciplinary dedicated care team to not only suppress symptoms, but regress disease.

Eligible Members

Patient attribution is applied as evident in the review of medical claims data. Obese and population at risk as defined by the CDC prediabetes risk test, chronically ill patients as defined by diagnoses and supportive clinical documentation.

Care Team

Physician	Certified Health Coach
Registered Dietitian	Mental Health Consultation

Specialty Labs

Depending on the condition of the patient: HbA1c, biomarkers, microbiome, urine, gut dysfunction testing (stool test), food sensitivity testing (blood spot test), etc.

Digital Therapeutics

Sleep device	Activity monitor
Continuous glucose monitor	Scale, blood pressure monitor

Method & Cadence

Virtual; Varies based on the patient stratification and individualized plan.

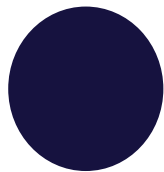
Personalized Supplements

Personalization is based on individuals' data, using our proprietary algorithm and formula.

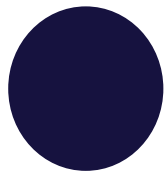
** The components of the program may vary and will be adjusted based on patient condition and needs as determined by the Care Team.*

Recent Updates

Pediatric Cardiometabolic Program



Approximately 27% of children in the United States have a chronic condition and 1 in 15 have multiple conditions



Annual medical expenses for youth with diabetes are \$9,061, compared to \$1,468 for youth without the disease.

The Impact of Pediatric Chronic Disease

12-MONTH PEDIATRIC METABOLIC PROGRAM*

Description

Addresses the high cost drivers of metabolic conditions by identifying unique causes of each patient's condition. Employs a dedicated multidisciplinary dedicated care team to suppress symptoms and regress disease.

Eligible Members

Patient attribution is applied as evident in the review of medical claims data. [Prediabetics (HbA1c 5.7-6.4%); Type 2 Diabetes (HbA1c 6.5+%); Obese and population at risk as defined by the CDC prediabetes risk test; Chronically ill patients as defined by diagnoses and supportive clinical documentation.

Care Team

Physician
Registered Dietitian

Certified Health Coach
Registered Nurse

Specialty Labs

Depending on the condition of the patient: HbA1c, biomarkers, microbiome, urine, gut dysfunction testing (stool test), food sensitivity testing (blood spot test), etc.

Digital Therapeutics

Age-dependent device selection

Method & Cadence

Virtual; Varies based on the patient stratification and individualized plan.

Personalized Supplements

Personalization is based on individuals' data, using our proprietary algorithm and formula.

** The components of the program may vary and will be adjusted based on patient condition and needs as determined by the Care Team.*



Recent Updates

GLP-1 Step Therapy

challenge

GLP-1s are being prescribed so frequently that employers, brokers and payers are scrambling to create pathways for eligible patients to access these medications, while offering alternatives for those that are seeking weight loss options.

There are some legal opinions that convey that GLP-1s are a protected medication, as some patients may fit the mental health profile that excludes them from a more lengthy prior authorization (PA) process.

solution

Step Therapy is a protocol that requires patients to try a less expensive or lower-risk medication or modality before moving on to more expensive or risky treatments.

Ciba will provide patients who have been prescribed a GLP-1 with a step therapy/prior authorization process starting with a patient consult using a validated questionnaire to screen patients for the pathway that will best fit their clinical needs and reverse their chronic condition(s).

Ciba Health's GLP-1 step therapy integrates with pharmacy benefit managers (PBMs) to improve patient outcomes and streamline treatment.

- Seamless access to GLP-1 medications
- Personalized dosing based on individual patient needs
- Real-time monitoring of patient data
- Value-based care approach
- Data analytics and insights
- Patient engagement and empowerment
- Integrated care connecting healthcare providers, PBMs, and patients
- Focus on quality improvement and cost savings
- Innovative solutions and cutting-edge technology

Recent Updates

Food as Medicine

Our Food is Medicine partnership greatly enhances the **wrap-around** Ciba member experience



- Instacart launched **Instacart Health** in 2022
- Ciba Health in partnership with Instacart Health is now providing access to **nutrition-rich food** as well as tools to help participants build healthier habits
- Healthy, home-delivered meals have shown a **39% reduction in hospitalizations and 28% reduction in ER visits**
- **Instacart Fresh Funds** can be included in the program or used as rewards to drive engagement



Ciba Health Impact



Ciba Health Impact

The paradigm shift in how we address chronic conditions translates into significant gains for the the companies we partner with, as well as, their users.

98% chronic disease reversal

85% medication reduction

75% program completion

80 NPS score (patient satisfaction)

Ciba Health Impact



Remarkable improvements across all patient categories - Type 2 diabetes, digestive health and our advanced primary care program - December 2021 to November 2023

Sleep Score Improvement:

T2DM, DHP & APC patients showed an average sleep score improvement between 1.1-1.6 points ($p < 0.01$).

HbA1C:

95% of T2DM patients reduced their HbA1C level, with an average reduction of 3 points or greater per patient.

Medication Reduction:

- 75% of T2DM patients reduced their medication usage, with an average reduction of 1.3 medications per patient.
- 62% of DHP patients reduced their medication usage, with an average reduction of 1.1 medications per patient.
- 50% of APC patients reduced their medication usage, with an average reduction of 1.2 medications per patient.



Thank you!



ciba health

Where transformation begins.

Michael Tomback

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