

Transform

A collection of digital
therapeutics for condition
prevention and management



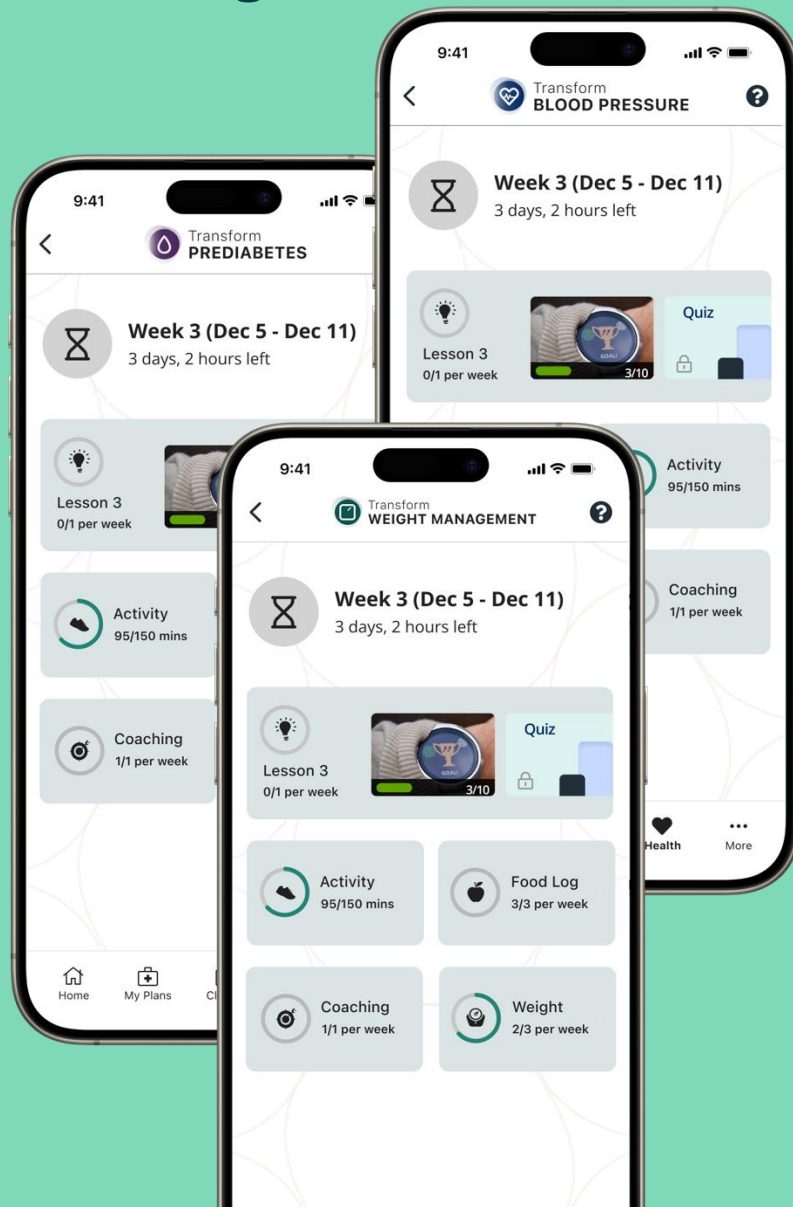
Prediabetes



Weight
Management



Blood
Pressure





Evidence-based solutions with proven effectiveness

With a proven track record of leading results, Transform empowers sustainable and steady lifestyle changes that last long after the program is complete. Our growing digital therapeutics collection provides a focused approach to behavior change, supporting cardiometabolic syndrome, and creating a framework for successful use of GLP-1s.



Prediabetes

A 12-month behavior change program for adults at risk of developing type 2 diabetes.

1/3

American adults have prediabetes



Weight Management

A 12-month behavior change program for overweight and obese adults.

2/3

Have a BMI in the obese or overweight category



Blood Pressure

A 12-month behavior change program for adults with moderate to high blood pressure.

1/2

Have moderate to high blood pressure

Validated results

Results that surpass industry standards



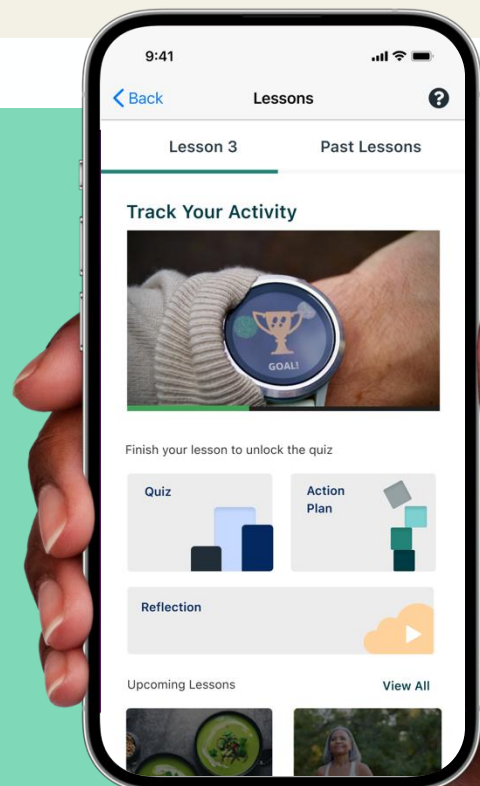
Peer-reviewed published research



CDC-recognized



Evidence-based curriculum





Striking the right balance of technology and human connection

Outcomes-focused solutions combining the best of smart technology, consumer-friendly tools and a specialized coaching team for those at-risk of developing lifestyle-related chronic conditions.

Connected Smart Devices



Auto-synced Smart Scale

Wifi-enabled scale that provides accountability and instant feedback.



Prediabetes



Activity Tracker

Integrated behavior tracking tools. Members earn an activity tracking device by participating.



Weight Management



Blood Pressure Monitor

Wifi-enabled blood pressure monitor allows effective self-monitoring, shown to lower blood pressure.¹



Blood Pressure



Evidence-based Curriculum



Holistic Lesson Plans

Self-paced learning modules include quizzes, action plans, and self-reflections. Topics cover all dimensions of wellbeing.



Photo-enabled Food Log

Easy to use photo-enabled food log encourages better tracking and provides intrinsic motivation.

High-Touch Human Support



One-on-One Coaching Sessions

Professional Health Coaches provide tailored guidance and individualized support to each member.



I've exceeded my weight loss goals with Transform. It's been a blessing in my life and came at just the right time. The lessons, emphasis on small but steady changes, and setting goals helped each week feel different. And having my coach as a guide, mentor, educator, and cheerleader has been invaluable.

Transform Prediabetes
participant, 2024

Get ahead of the GLP-1 cost curve

The Challenges



High Cost

- Potential 300% increase in Rx costs for employers
- Financially inaccessible for most members

Sustainability

- Unpleasant side effects, no behavioral or lifestyle support
- Long-term regimen, rebound weight gain risk if discontinued

Authorization Process

- Variable requirements
- Complex steps for approval

Our Solution



Transform Weight Management

Cost Containment

- Facilitates long-term cost control strategy
- Prerequisite 6 months of Transform engagement

GLP-1 Companion

- Holistic weight management program, designed to promote self-efficacy
- Symptom management and tapering when clinically appropriate

Authorization Support

- Engagement and completion reporting
- Rx prescribing path and help connecting to virtual care

Transform Weight Management

All they need to build lifelong skills to achieve and maintain healthy weight, nutrition, and activity



Comprehensive care path designed for self-efficacy



Evidence-based, personalized curriculum



Achievable plans for lasting outcomes



Connected smart devices for accountability



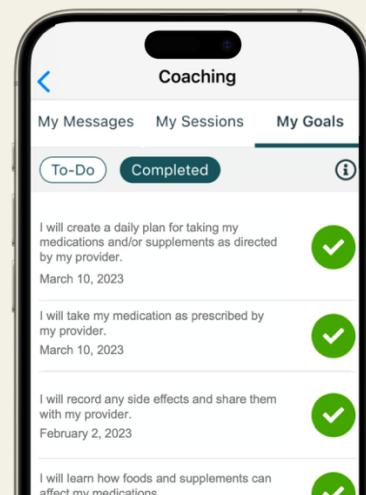
Trusted human support

12-month
program with
focused GLP-1
support

Featuring

- ✓ Expert educational content on medication and symptom management
- ✓ Personalized GLP-1 coaching plan

Learn more at personifyhealth.com



Flexible solutions, tangible outcomes

Transforming health, one step at a time

Integrated or standalone, with or without GLP-1 support – no matter what your preventive health needs, Transform has them covered.



Holistic outcomes

85% Improve eating habits¹

51% Achieve clinically significant weight and activity improvements¹

45% Improved mental health¹



Better results

49%

Transform outperforms similar programs' weight loss average by 49%, according to the American Diabetes Association²



Reduced risk

58%

Participants who achieve program goals cut their risk of developing type 2 diabetes by 58%^{2,3}



Long-term health, lasting impact

Transform increases access to cost-effective care that promotes long-term self-efficacy. Engage and empower your people to get and stay healthy with our comprehensive, evidence-based solutions for outcomes that last.



Flexibility to best meet your needs

Tailored for versatility in your health ecosystem, Transform functions as a standalone solution or integrated feature of your personalized health platform. Our design focuses on aligning with your needs for benefits that fit.

(1) 2023 post-engagement survey results. (2) JMIR Diabetes 2022 Jan-Mar; 7(1), <https://diabetes.jmir.org/2022/1/e23243>. (3) JMIR Diabetes 2019 Jul-Sept; 4(3), <https://diabetes.jmir.org/2019/3/e13904/>.



Focused solutions for the most costly chronic conditions

Curtail the rising costs of lifestyle-related conditions with Transform, a collection of evidence-based digital therapeutics for condition prevention and management. Invest in a clinically-validated solution with industry-leading engagement and outcomes and comprehensive wellbeing support.

Best-in-class digital therapeutics in a world-class whole person engagement experience



Web and mobile experience with segmentation capabilities



Multimodal, industry-leading coaching with high-touch, whole-person support



Evidence-based, comprehensive care and behavior change program



Integrated within your personalized health platform



Flexible billing models including milestone-based pricing with billing as a claim on the roadmap

Empower members to take an active role in their health to reduce the risk of chronic conditions.



96%

Satisfaction

Among those who improved their weight, activity, and mental wellbeing

51%

Achieve program goals

Clinically significant weight loss of 5% or 4% weight loss with 150 minutes of activity per week on average

71%

More empowered

And know how to continue improving their health



Transform Prediabetes



Transform Weight Management

With GLP-1 support



Transform Blood Pressure