CONSUMER HEALTHCARE LIFECYCLE

Welltok®

UNDERSTAND MY RISKS AND NEEDS

- ✓ Understand my overall health status and risk factors
- ✓ Understand my health budget and risk tolerance
- ✓ Assess my requirements for consumer-based degrees of freedom

ACTIVATE MY BENEFITS

- ✓ Determine my sources of healthcare funding
- ✓ Understand how my actions impact my costs – including reward systems
- ✓ Select my benefits plan and understand my financial obligations
- ✓ Determine my population health management partner(s)

MANAGE AND IMPROVE MY HEALTH

- ✓ Participate in healthy behaviors and activities
- ✓ Optimize my controllable health factors
- ✓ Utilize biometric monitoring, and triage services to reduce EPISODE episodes and financial exposure
- ✓ Manage my known health challenges

GET HEALTH AND WELLNESS SERVICES

- ✓ Actively monitor and address behavioral issues impacting my health and wellness
- ✓ Monitor my health and select highest value settings to obtain ongoing care
- ✓ Triage my care using consumer support tools and my population health partner(s)
- ✓ Follow my care plan
- ✓ Schedule and obtain care in an appropriate care setting (physical or virtual)

GET HEALTH AND WELLNESS GOODS

- ✓ Meet my nutritional needs
- ✓ Maintain my required medical supplies
- ✓ Fill my prescriptions and take them compliantly
- ✓ Consider applicability of breakthrough science innovations to my health circumstances and economics

SEEK INFORMATION AND SUPPORT

- ✓ Efficiently locate and access health information that is personalized to me
- ✓ Securely and privately engage in health conversations with people "like me"
- ✓ Get rewarded for "doing my homework"
- ✓ Seek environments that support the management and optimization of my health, and my family's health