



Healthier Women. Stronger Families. Better Outcomes.

The value of digital engagement across life's stages.

Women play a central role in the health of families and communities, yet often overlook their own well-being. As science-based engagement experts, GoMo Health is on a mission to improve outcomes in women and family health by partnering with leading organizations to offer personalized, tailored support that builds resilience and empowers women through every stage of life.



Why it works

Delivering the right support at the right time can lead to:

- ✓ Better health outcomes
- ✓ Fewer hospitalizations
- ✓ Lower total cost of care
- ✓ Less strain on care teams
- ✓ Improved access to care



Early Childhood

A child's early years are foundational and often challenging for parents. During this stage, real-time support can help caregivers feel more confident, capable, and empowered while improving outcomes for children and families alike.



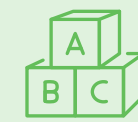
Preventive Care and Immunizations



Education on Milestones



Early Intervention of Health Challenges



Cognitive and Language Development

Programs developed by GoMo Health for industry leaders such as WellCare have seen a...

75%

Reduction in Inpatient/Readmission Costs*

64%

Lower Emergency Visit Costs*



Young Adulthood

As young people gain independence, they also face heightened emotional, physical, and social risks. Timely engagement and support helps build resilience and equip youth with tools to manage stress, relationships, and decision-making.



Using education and guidance, engagement programs can help reinforce strategies for:

- ✓ Managing Stress and Trauma
- ✓ Substance Use Prevention
- ✓ Prioritizing Healthy Relationships
- ✓ Teen Pregnancy Education
- ✓ Foster Care and Housing



Of the students participating in the substance use prevention and education program *LED by Tigger*, **78% reported being more likely to call someone for a ride than drive themselves or ride with someone who is under the influence.***



Adulthood

Between careers and daily responsibilities, adults often put their own health on hold. Engagement tools that focus on physical, emotional, and brain health help individuals prioritize themselves and manage life's many demands.



Recovery Well-Being Oral Health COPD Anxiety Career Annual Screenings Substance-Use Preventative Care Mental Health Medications Hormonal Changes Diabetes Well-Being Chronic Conditions High Cholesterol Depression Exercise Smoking Cessation Asthma Cancer Work-Life Balance Family Time Nutrition

78%

have indicated a more positive situational outlook, reduced stress and anxiety, and an increased ability to address challenges.*

75%

saw a significant or high impact on emotional health.*

Life throws a lot at people. Using a proprietary science, GoMo Health helps organizations transform complex care directives into actionable, practical steps that help individuals feel more supported and confident in their abilities to proactively manage those unique challenges.



Motherhood

Pregnancy and the early months of parenting come with major physical and emotional changes. Real-time guidance empowers women to effectively care for themselves and their families, leading to healthier outcomes for everyone.



Think about all of the things you need to look out for:



Prenatal Care for Mom and Baby



Postpartum Maternal Monitoring, such as Blood Pressure and Depression



Balancing Dependent Care with Self-Care

Providers and health systems that have partnered with GoMo Health have seen...

100%

of maternal hypertension risks addressed in real time.*

0

preterm births among supported moms in a state with a 9.6% average.*

Liberty Regional Medical Center

University of Nebraska Medical Center



Caregiving

Caregivers play a critical role in the health and stability of families, often balancing these responsibilities with careers and personal health needs. Without support, caregiving can lead to stress and burnout, making it harder to care for both loved ones and oneself.

Personalization helps address each caregiver's unique needs:



Children with Disabilities



Family Member with Alzheimer's/Dementia



Aging Dependents



Loved One with Chronic Diagnoses

89%

of the caregivers enrolled in the Amerigroup Autism Early Intervention Program felt confident caring for their child.*
(13% increase from baseline)

Self-Care and Aging

Our bodies and needs change as we move through different life stages - from hormonal shifts to chronic condition management. Personalized engagement helps individuals stay strong, independent, and informed so they can continue caring for themselves and the ones they love.



Aging comes with experience, but it also comes with new challenges to navigate:

- ✓ Menopause and Perimenopause
- ✓ Chronic Condition Management
- ✓ Accessible Transportation
- ✓ Managing Medications
- ✓ Wellness and Strength-Building

GoMo Health program partner Sourcewise saw that...

20%

fewer people missed care appointments due to transportation barriers.*



Learn more about how to empower women, children, and families and build resiliency for life:
gomohhealth.com/women-children-family-engagement-hub

*All statistics cited are drawn from real-world GoMo Health client program results.