

Brain Health Personal Concierge™ Network:

Addressing the mental, physical, and social challenges and overall wellbeing of patients, members, employees and communities.



In collaboration with the Center for BrainHealth® at The University of Texas at Dallas, GoMo Health delivers the **Brain Health Personal Concierge** program for individuals and families, a clinically integrated program that guides people cognitively and behaviorally through their healthcare journey, identifying the specific areas where nurturing is needed through continuous real-time personalized feedback on individual challenges, needs, and stressors.

In today's environment, people are challenged with personal and social determinants that combine with anxiety, stress, complex and chronic health conditions to create increased fatigue and decreased mental capacity to manage daily living. This program revolutionizes the way we think about the brain and its' health – and the wonders of neuroplasticity, developing and fostering resiliency that activates a deeper connection between the mind and body, enabling people to live healthier, happier, and more fulfilling lives.



Benefits of Network Membership: Share, Exchange, Learn and Apply



Evidence-based digital therapeutic for improved physical and mental health outcomes for maternal/child health and chronic physical conditions such as cancer, diabetes, cardiac disease and COPD.



Decreased cost of healthcare delivery.



Early detection to reduce adverse events, including avoidable ED visits and readmissions.



Deidentified, aggregated brain health data on trends, patterns, and insights correlating social, behavioral, and physical challenges across complex and chronic conditions.



Collaboration, networking and best practice sharing with leading behavioral and cognitive scientists, clinicians, educators, sociologists and anthropologists.

Who Should Join:

- ✔ Healthcare plans – Medicaid, Medicare and commercial
- ✔ Hospitals, clinics, federally qualified health centers (FQHC) and private practices
- ✔ State health and human services departments
- ✔ Corporate employers
- ✔ Patient support groups and non-profits
- ✔ Rehabilitation centers
- ✔ Child and family organizations

What is the Brain Health Personal Concierge?



A virtual care coordinator that “converses” with participants via two-way automated and personalized dialogue to address physical, mental, emotional and psychosocial needs.



Delivers resources that match patient/caregiver reported needs; either in short “bites” of text messaging or in combination with deeper resources housed within the Care Companion™ (learning management system). Actionable resources include a positive brain health habit checklist, and distraction trackers.



Personalized content library dynamically populated to support the treatment protocol of each individual and considering their interests and needs, including content to better understand and apply the concepts of possibility thinking, mental flexibility and the benefits of “brain breaks” and minimizing distractions.



GOMOHEALTH®
connects with...

490K +

program participants in

Programmatic Benefits:

- ✓ Extension of care delivery in remote environment.
- ✓ In the moment dynamic triage of distress indicators that instigates psychosocial support to respond to potential adverse events by providing digital support via bot (first line) or escalating to human care coordinator/social worker/other if needed.
- ✓ Individualized based on participant feedback to bidirectional assessments and single question surveys that address adherence, outlook, stress and distress.
- ✓ Improved outlook, resiliency and coping skills; reduced mental fatigue.

20

states

2

countries

2

continents

