

Panel #3
– Adoption –
Digital Pathways to Well-being
for Older Adults

The use of technology and AI for health care
management and well-being

Objectives

Define "well-being"

Provide context around why it's such an exciting time to focus on digital connectivity and well-being

Profile a handful of companies leading the way in providing lifestyle and clinical benefits through connectivity

Q&A

well-being, *n.*

View as: [Outline](#) | [Full entry](#)

Pronunciation: ² Brit.  /,wɛl'biːɪŋ/,  /'wɛlbɪɪŋ/, U.S.  /'wɛl,bɪɪŋ/,  /,wɛl'biɪŋ/

Forms: see *WELL adv. and n.*⁴ and *BEING n.*

Frequency (in current use): ●●●●●●●●

Origin: Formed within English, by compounding; originally modelled on an Italian lexical item. **Etymons:** *WELL adv.*, *BEING n.*

Etymology: < *WELL adv.* + *BEING n.*, originally after Italian *benessere* (*a...* [\(Show More\)](#))

1. With reference to a person or community: the state of being healthy, happy, or prosperous; physical, psychological, or moral welfare.

The CDC finds well-being useful for public health

Well-being integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion.

“Well-Being Concepts” Center for Disease Control <https://www.cdc.gov/hrqol/wellbeing.htm>

Current Context

Recognition of "Social Determinants of Health" as hugely important in "well-being"

Technological Investment and Proliferation

Shifting Payment Models

1) Clinical vs Lifestyle Factors?

According to one study, clinical care accounts for only 20% of the health outcomes of patients, while health behaviors, social and economic factors, and physical environment combined add up to influence the remaining 80% of the health outcomes.

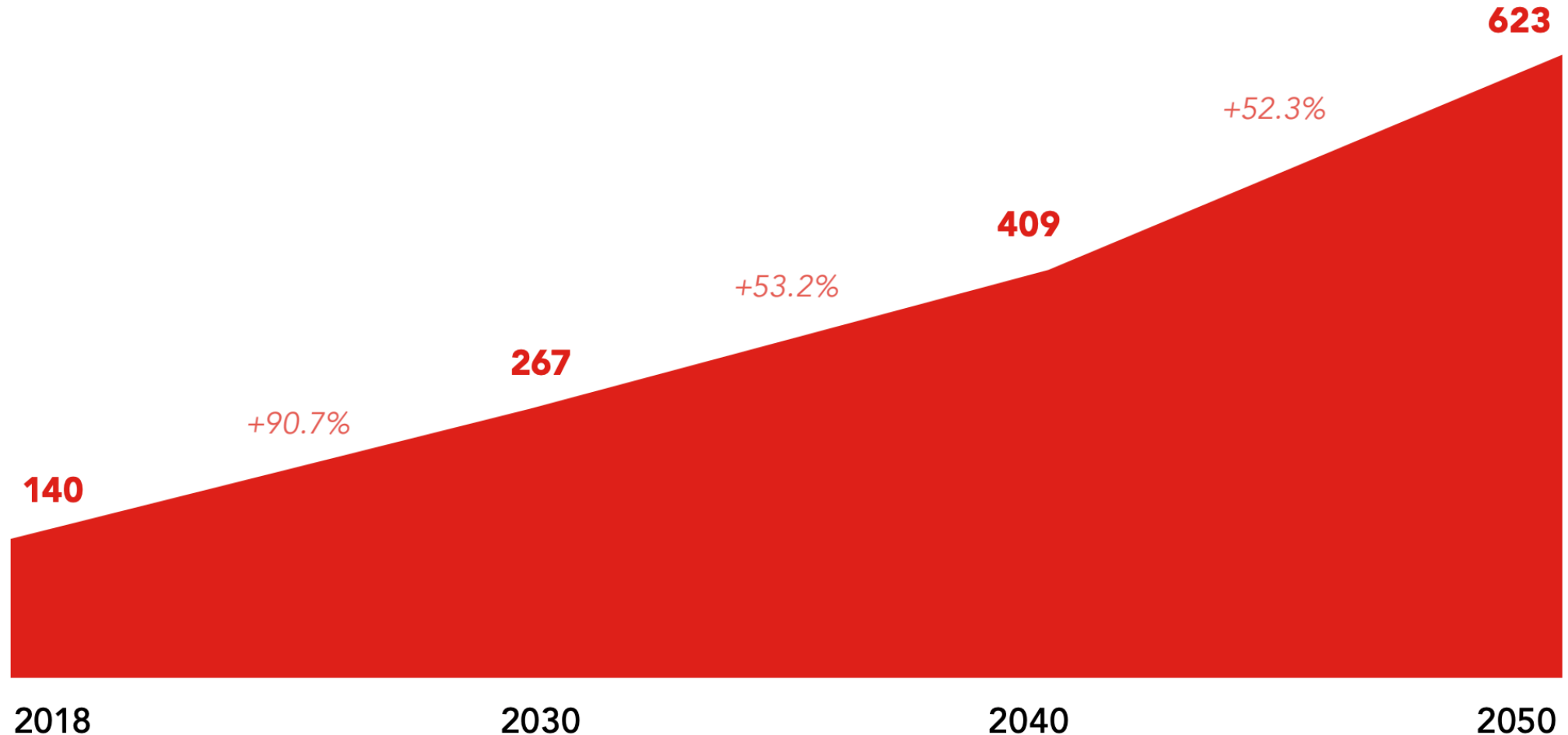
Different Perspectives for Assigning Weights to Determinants of Health, Bridget C. Booske et. al., 2010



2) Technology Investment and Proliferation

The 50-plus population's spending on technology is forecast to grow from \$140 billion in 2018 to \$623 billion in 2050

Spending by the 50-plus cohort in the technology industry, 2018-2050 (\$ billion)



Source: The Longevity Economy Outlook, AARP

2022 AgeTech Market Map

TheGerontechnologist.com™

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Cognitive Care

Effectivate SAVONIX SingFit

MapHabit BrainCheck WINTERLIGHT BRIGHT

RECALLCUE Virtuleap

menti LUCID CogniShape

For Caregivers

SENIORLINK homethrive

torchlight ianacare.

cariloop OUTPATIENT

Tcare carefree.me

WeCare Grayce TRUALTA Wellthy

Social & Communication

uniper intuition robotics grandPad CaptionCall loop

Stitch vermut lively soci AVI INDEPENDA

COCOONERS TOMBOT No Isolation kraydel

VITALCY ONSCREEN Ageless Innovation kinoo RAZ Mobility

learning/ mentoring

bloom GetSetUp
eldera

scam protection

teleCalm

For Home Care Providers

CareAcademy AyaCare birdie Vesta healthcare

carezapp OSCAR SENIOR Sensi.Ai DONISI

WellSky Clever.Care nourish

Care.coach grandCARE ONCARE Camanio Care CC

End of Life Planning

CLOCR lifeafterme CAKE

everplans FREEWILL wilful.

iris Farewill Vynca

Legacy

STORYFILE

LifeBio

megilla

Tech-Enabled Home Care

lifted The Helper Bees Cera
your home. your choice. We Care Better.

CareLinx caeship honor

HOMAGE kenbi ONDECARE

Health

RPM
 QUMEA **Mon4t** **Toi Labs** **binah.ai**
 Your Personal Checker Health. Care. Anywhere.

Rehabilitation

XRHealth **Wizecare**
RESTORE. **Selfit** **GAIT**
 BETTER

PERS

Life Alert **ConnectAmerica**
Fall Call **SmartWatcher** **Alert**

Medication Management

AdhereTech **Medisafe** **TOM**
Omcare. **evondos** **MedMinder** **AceAge**

InsureTech

Trusty.care **assuredallies**

Wellness

Smart Home

alcove **NEMLIA** **caru** **ECHOCARE** **Livindi**
CAREGIVER **Sofi** **Tachtech** **Zemplex**
INVISICARE **ALOE CARE HEALTH** **People Power**
Domalys **sensorscall** **STACKCARE**

Wearables

CarePredict **careband** **UnaliWear** **TheoraCare** **MoviWear**

Fall Prevention & Detection

ZIBRIO **Tango** **SafelyYou**
chirp **Nymbbl** **vayyar** **nobi**

Fitness

balanced **spiro100** **VIVO**
alive **BOLD**
 fit & free

For Senior Living

oneday **eversound** **touchtown**
RetroBrain R&D **MyndVR** **Tembo.Health**
SETPOINT **welbi** **NEVIS** **Sagely**
LifeLoop **caremerge** **HeartLegacy**
roobrik **serenity** **haylo**
iN2L **Storii** **SOLO** **Obie** **yeti**
CASPAR.AI **MOTITECH** **Connect CareHero** **tellus**
CONNECTED LIVING **TeiaCare** **CONNECT** **SIIVR**
aiva **RENDEVER** **cubigo** **dele** **ally**

Retirement 2.0

maturious **seniors @work**

Independence

Everyday assistance

naborforce **papa**
KINUMI

Tech training

Carevocacy **Candoo**

Sensory Aids

Audicus **Lively**
RU CARDIO **NUHEARA**
oticon **TuneFork**
ORCAM

Mobility

movinglife
se/sm/c
Braze **abby**
NUVIO **WHILL**
 Blind Spot Sensors for Wheelchairs Design your own road

Transportation

Onward **GO GO** **GRANDPARENT**
SilverRide **cruise**
HopSkipDrive

Finance

True Link **EVERSAFE**
Retirable **silvur**
Pension **Carefull** **Silver Bills**
ezie **BridgelT**

ADL

STEADIWEAR
LIFTWARE by **verily**

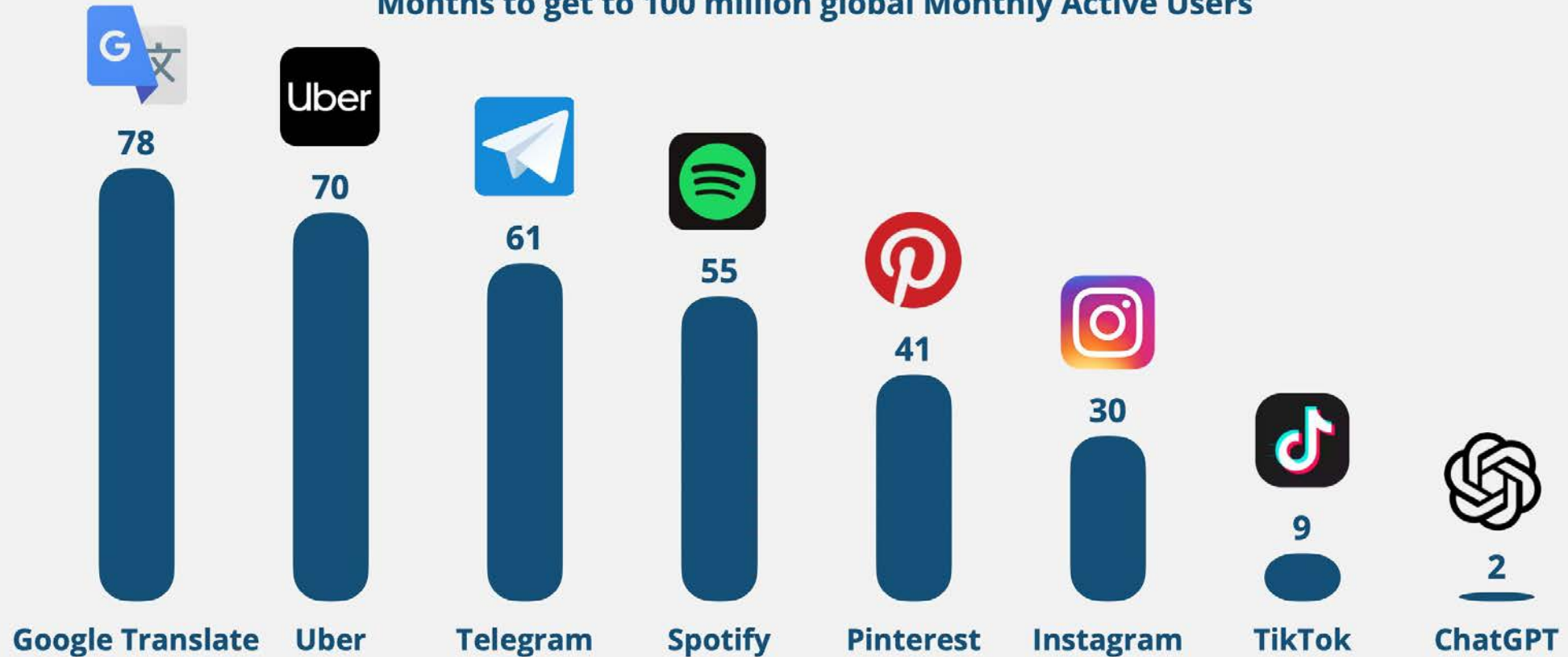
The Rise of the Machines

“Artificial intelligence could have more profound implications for humanity than electricity or fire.”

-Sundar Pichai, Alphabet CEO

Time to Reach 100M Users

Months to get to 100 million global Monthly Active Users



Source: UBS / Yahoo Finance

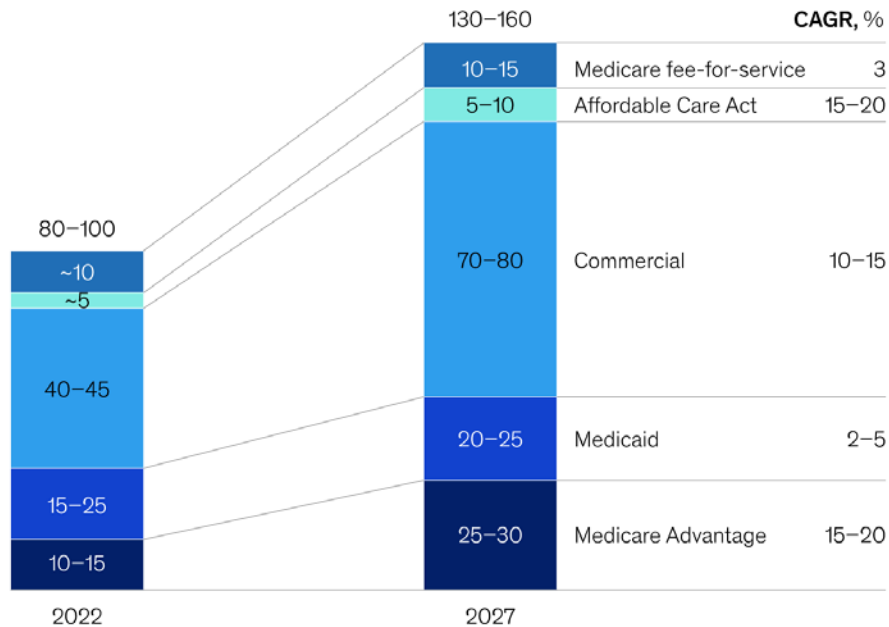
 @EconomyApp

 APP ECONOMY INSIGHTS

3) Shifting Payment Models

Value-based care models are expected to grow across all lines of business.

Lives in all value-based care models,¹ million lives

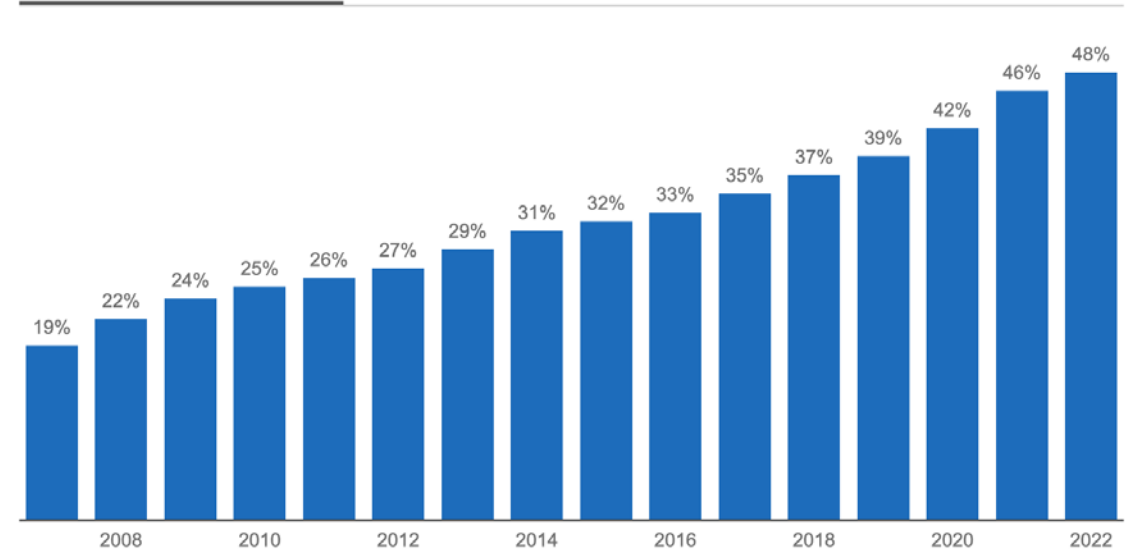


¹Includes pay-for-performance or quality to full capitation.

Figure 1

Total Medicare Advantage Enrollment, 2007-2022

Medicare Advantage Penetration Medicare Advantage Enrollment



NOTE: Includes Medicare Advantage plans: HMOs, PPOs (local and regional), PFFS, and MSAs. About 58.6 million people are enrolled in Medicare Parts A and B in 2022.

SOURCE: KFF analysis of CMS Medicare Advantage Enrollment Files, 2010-2022; Medicare Chronic Conditions (CCW) Data Warehouse from 5 percent of beneficiaries, 2010-2017; CCW data from 20 percent of beneficiaries, 2018-2020; and Medicare Enrollment Dashboard 2021-2022. • PNG

Why Connectivity is Needed

Fall Prevention through Strength Training

Promoting Strength, Balance and Mobility Through Digital Pathways

Eric Levitan, Founder & CEO



We all know - as you age, activities of daily living can get more difficult...



You naturally lose muscle mass as you age - *sarcopenia*

This can lead to:

- **Increased risk of falling**
- **Loss of bone density**
- **Reduced blood sugar tolerance**
- **Steady increase in body fat**
- **Reduced function and quality of life**
- **Loss of independence**

Falls & Fall Prevention

Every second of every day, an older adult (age 65+) falls in the U.S.

More than one-fourth of Americans aged 65+ falls each year.

Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 32,000 deaths.

Each year about \$50 billion is spent on medical costs related to non-fatal fall injuries and \$754 million is spent related to fatal falls.



**But there's
something
you can do
about it**

“If exercise could be packaged in a pill, it would be the single most widely prescribed medicine in the world”

Robert Butler,
National Institute on Aging



2018 Physical Activity Guidelines



150 minutes of aerobic exercise



2 days per week of strengthening exercises



Balance exercises if at risk for falls

Older adults don't exercise enough

30 % of older adults do not exercise at all

20 % of older adults meet CDC exercise guidelines

10 % of older adults consistently participate in strength training



The “Objections”

...I already walk

...I will get hurt

...I don't have time

...I have aches/pains/arthritis

Digital Pathways for Fitness for Older Adults





Create a Better You helps seniors with balance problems enjoy a higher quality of life with measurable staff-guided exercise.

It is an evidence-based, technology-integrated system designed for senior living communities (SLCs) and their residents who have balance impairments and neurodegenerative disorders like Parkinson disease.

The Vivo Program

Vivo is an NIH grant-funded fitness program delivered over Zoom that is the only live and interactive online program that focuses on increasing strength and quality of life for adults 55+



The Vivo Program

Holistic, small group personal training that improves physical and social wellbeing.



45-minute 2-way video classes, max of 15 participants per class



Includes strength, flexibility, balance, and cognitive function



Bi-monthly assessments to measure progress



No equipment necessary other than connected device



Benefits of Strength Training

- Reduces the risk of falling
- Strengthens bones
- Improves sleep quality and duration
- Improves cognitive function
- Helps control blood sugar
- Relieves or lessens arthritis pain
- Improves cholesterol
- Reduces recovery time from surgery
- Increased longevity





What Vivo's research has found:

22 % increase in upper body strength

27 % increase in lower body strength

25 % increase in endurance

98 % monthly retention rate

In just 2 months – only 16 classes!

Health Access

Health Access

Among people with a chronic condition, those with low incomes are much more likely (32%) to have a behavioral health condition than those with moderate incomes (24%) and those with high incomes (21%).

Among low-income people with co-occurring conditions, 55% said they needed urgent medical care in the past year but 22% did not receive it. Among higher-income people, 41% said they needed urgent care & only 9% said they did not receive it.

According to a 2020 report from the Association of American Medical Colleges (AAMC), the U.S. may see a shortage of between 21,400 and 55,200 primary care physicians by 2033.



With **care.coach** digital solutions, we help care providers and health insurers improve health outcomes & general wellbeing by delivering the future of AI, today.

Unlike other digital health solutions, the **care.coach** platform combines the high-touch, ideal experience of having a live-in family member, with the clinical efficacy, payer/provider goal alignment of a care manager, and the scalability of AI and digital technology.



QurHome is an All-in-One bedside remote monitoring system that is designed and developed specifically keeping elderly at home patients in mind.

Using the voice-activated Sheela as the backbone, **QurHome** simplifies remote monitoring, care adherence and, care team/caregiver check-ins. **QurHome** is also able to provide patients with access to emergency services so they can feel safe at all times.



Livongo offers smart devices such as blood glucose meters, blood pressure monitors, & scales, & expert support & health management strategies at no cost through company benefits.

www.livongo.com



The **BraveMind** program gives veterans the resources they need to overcome recovery obstacles through innovative therapy treatments.

www.soldierstrong.org



Mango Health aims to make products that are easy to use, delightful to interact with, and build good habits around daily health regimens.

www.dokiedhuzhqa9.cloudfront.net/



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DIAGNOSTICS

1Drop Diagnostics makes it easier and faster than ever to get information to feel your best & be proactive about your health by providing home health tests that give actionable health results within 15 minutes.

www.1dropdx.com



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