

Chronically Simple

Building a healthier workforce



What is Chronically Simple?

Empower your employees or plan members to manage their complex needs by providing access to essential support.

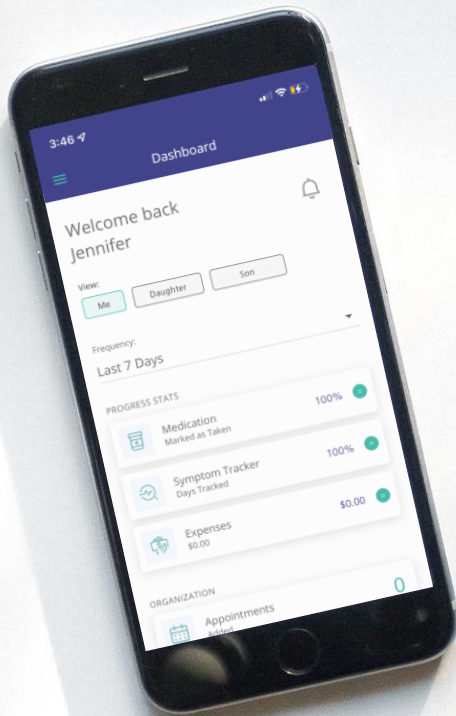
Invest in talent attraction and retention by offering employees what they need to remain happy, healthy and engaged.

Chronically Simple and its benefits:

- secure web and mobile application
- created in collaboration with patients and caregivers
- maximize time spent with healthcare providers
- improve health outcomes of patients



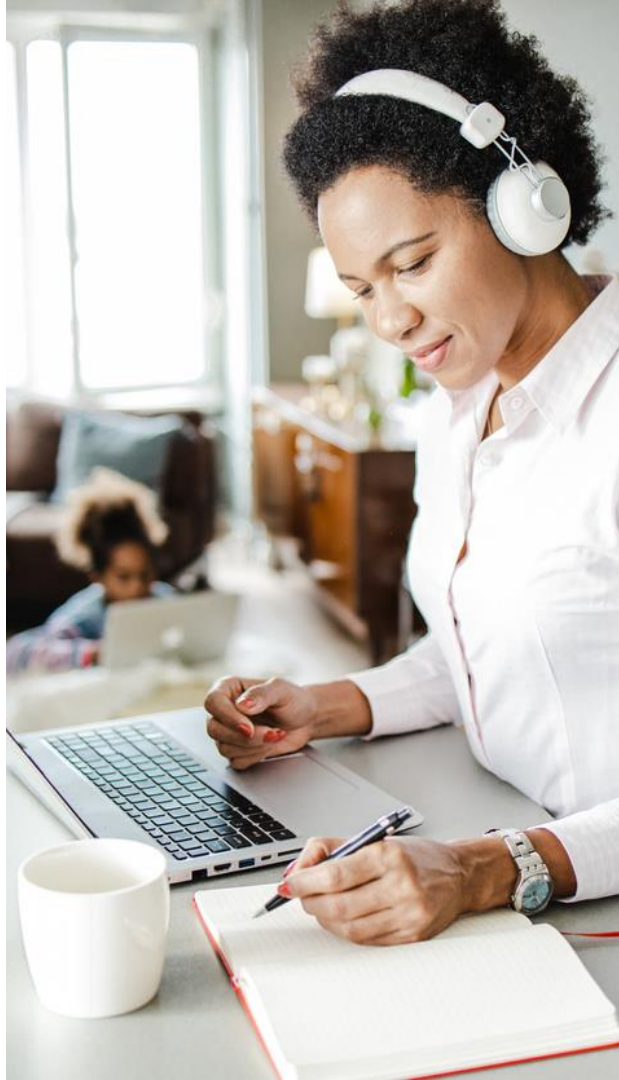
How are we different?



All in one healthcare tracker

Integration with health data

Manage multiple patients



Meet Susan

Healthcare concerns

- Diagnosed with PsA and AS
- Teenager with anxiety, depression and eating disorder

Work/Life stresses

- Mother of 2 children
- Working from home due to pandemic
- Children attending virtual school

Employer resources

- Collaborative HR and manager
- Mental health support
- Mobile app to track medications, appointments, vaccinations

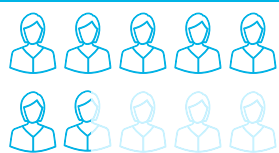
77% of Canadians with long-term conditions and disabilities needed but did not receive one or more therapies for their condition.

Over 57% reported their mental health is worse than it was prior to the start of the pandemic.

A chronically ill employee is managing...



Medication tracking



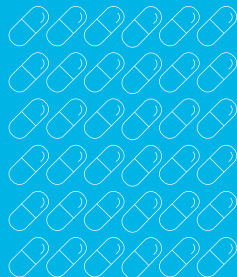
66%

of patients who are using CS to track medications are tracking at least 2

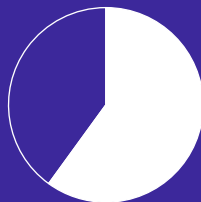
With the

34%

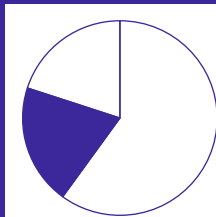
remaining tracking up to 36 medications



Expense tracking



Approximately 60% of patients are tracking 1-2 expenses



with 20% tracking over 5 medical expenses



Healthcare appointments

14%

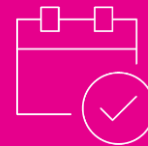
are managing their care across 5+ healthcare providers



Chronically Simple patients are managing a range of

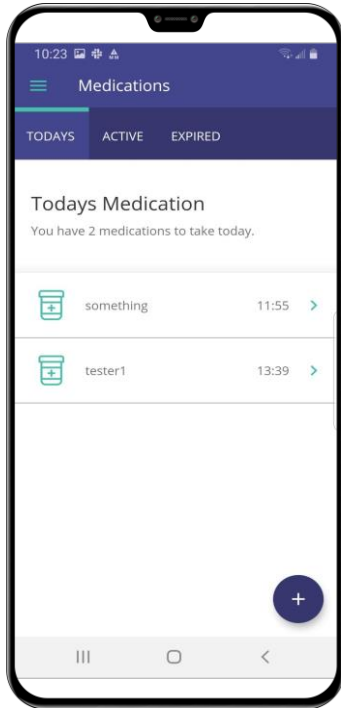
1-18

appointments per month

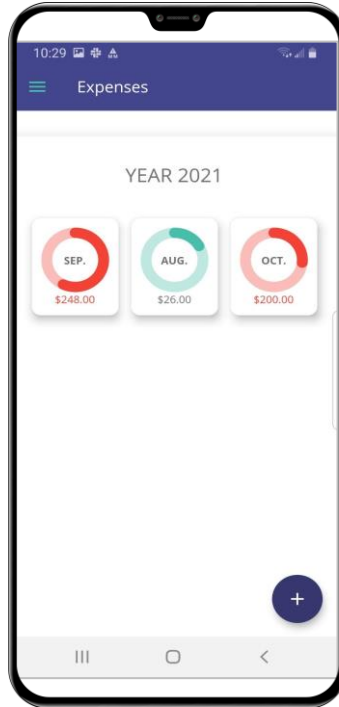


Our solution

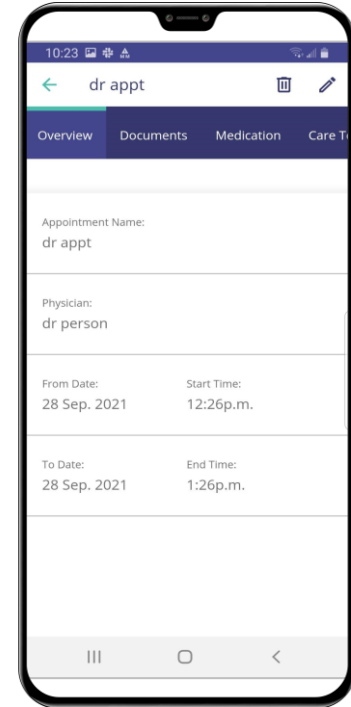
Medication tracking



Expense tracking



Healthcare appointments





Meet Brenda

Healthcare concerns

- Caring for her son who living with cerebral palsy
- Loss of PSW support
- Increase in mental health concerns

Work/Life stresses

- Mother of 2 children
- Working from home due to pandemic
- Cancellation of vacations, camps and after school activities

Employer resources

- Supportive and flexible work
- Virtual healthcare app
- Mobile app to track expenses, grants and medical documents

54% of caregivers felt it was more difficult to manage caregiving tasks as respite services were suspended.

35% of the Canadian workforce provides unpaid care to a family or friend.

A caregiver's journey



Expense tracking

28.5 billion

is the estimated contribution of caregivers to the Ontario economy, averaging the time they invest in providing care and multiplying it at just minimum wage.*

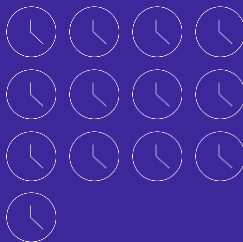
2x

Compared to patients, caregivers track more than double the medical expenses and documents per month

*2021 survey by OCO



Time management



Caregivers manage an average of 29 hours weekly dedicated to caregiving activities

3x



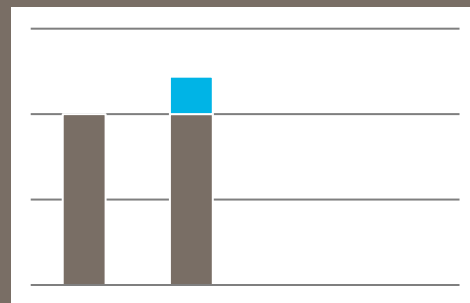
2x



Compared to patients, caregivers track almost triple the healthcare providers and double the amount of appointments



Assigning a care team

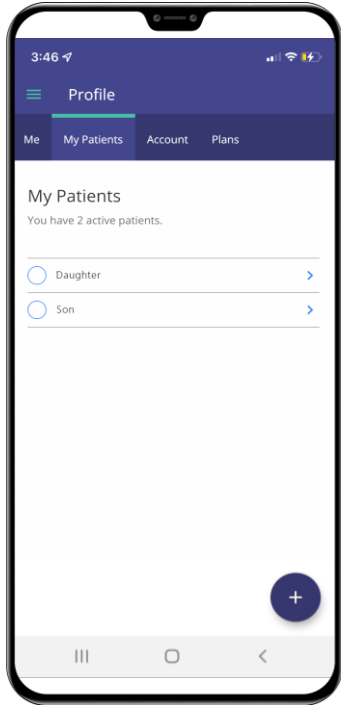


The number of caregivers jumped 22% as a result of the pandemic

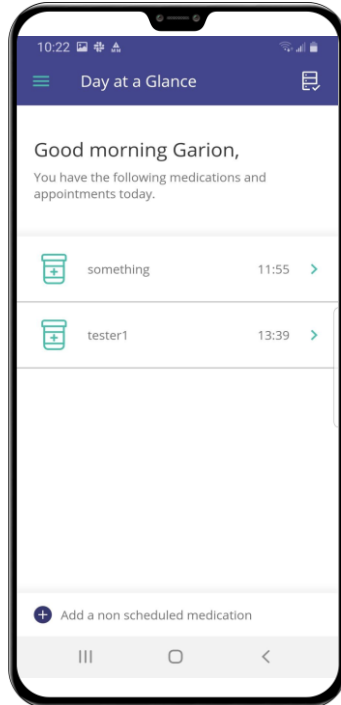


Our solution

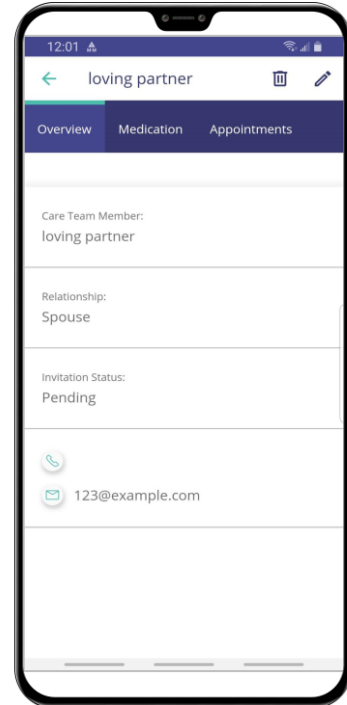
Multi-patient profiles



Day at a glance



Care team set up



Engaged patients and caregivers

The workplace benefits of patients and caregivers who take an active role in managing their healthcare journey, and feel supported by their employers, are:

- **Decreased work disability**
- **Increased work productivity**
- **Reduced absenteeism**
- **Reduced presenteeism**



Benefits for you

Include a health management tool as a part of health and wellness offering

Data and insights

Generate aggregate insights into employee health and use these insights to curate, improve and enhance benefit offerings

Integrate

Align multiple initiatives through integrating all data into one single patient application, including Apple Health, Google Fit and FitBit

Differentiate

Provide employees or plan members with access to a scalable, digital solution to support their health and the health of their families

Financials

Utilize evidence-based approaches to adherence and improved patient/caregiver experience to support the reduction of claims and improve absenteeism/presenteeism of employees

Partnership options with Chronically Simple



Channel partner

Leverage Chronically Simple as part of your standard benefits offering or offer to existing plan members as enhancement to their current plan



Value-added partner

Implement Chronically Simple as a promotion for a wellness plan offering and holistic health management solution

Do you want to learn more about Chronically Simple?

Learn more about making Chronically Simple a part of employer workplace wellness programs.

Contact Kristy Dickinson at kristy@chronicallysimple.com to request a demo or free trial today



Thank you