



# Measurement Based Care Program

A Simple, Respectful Way to Support Well-Being by  
Aspira Health Global



<https://aspirahealth.global/measurment-based-care>



**Data-Driven**  
Clinical Insights



**Proactive Care**

Early support to help seniors stay  
independent & connected.

# Executive Summary

Transform Care with Zero Financial Risk

The Aspira Well-Being Check-In Program delivers a turn-key solution for proactive resident monitoring at **no cost**.

- ✓ Fully funded through insurance billing
- ✓ Clinically validated assessment tools
- ✓ Seamless implementation & support

## ★ Key Benefits & Impact



**Proven ROI**  
Data-Driven Results



### Reduced Hospital Visits

Early identification of health changes prevents avoidable crises and unnecessary ER transfers.

01

↘ 25-40% Emergency Transfers



### Enhanced Family Satisfaction

Transparent communication builds trust and strengthens your facility's reputation.

02

↗ 35% Higher Retention Rate



### Quality Metrics & Compliance

Automated data collection supports regulatory requirements and quality reporting.

03

📄 100% Documentation Ready

# Program Overview



**Evidence-Based**  
Clinically Validated Tools



## Virtual Well-Being Check-Ins

No-cost monitoring via **phone or computer**, ensuring accessibility and comfort.



## Patient Friendly Assessments

Simple, **evidence-based tools** designed specifically to track wellness without complexity.



## Family Involvement

Keeps families informed and connected with **consent-based updates**, providing peace of mind.



## Early Identification

Proactively detects changes in **mood, social connection, and health** before they escalate.



## Safety & Prevention

Helps **prevent crises** and supports wellbeing through consistent, gentle monitoring.



# What is Measurement-Based Care?



## A Gentle, Proactive Approach

We adapt the clinical precision of Measurement-Based Care into a friendly, supportive experience. Instead of complex medical tests, we use simple check-ins to understand how a senior is feeling day-to-day.

## Designed Specifically for Seniors

**Simple Questions**(No confusing medical jargon)

**Easy Technology**(Works on any phone, tablet, or computer)

**No Stigma**(Not "therapy" or "mental health" labels)

**Dignified Experience**(Focus on independence and support)

**Tracks Trends**(See changes in well-being over time)

## What We Monitor



Mood



Social Connection



Memory



Independence



**No Stigma**

Gentle Approach

## Continuous Support



**Regular**  
Gentle Check-ins



**All Ages**

Accessible Design

Consistent check-ins allow families and care teams to identify small changes **early**—before they become emergencies or hospital visits.

## Easy to use Design



**Accessible Tech**

Simple interfaces for any skill level



**Peace of Mind**

Families stay connected & informed



**Proactive Care**

Support wellbeing safely in place

# Clinical Outcomes & Insights

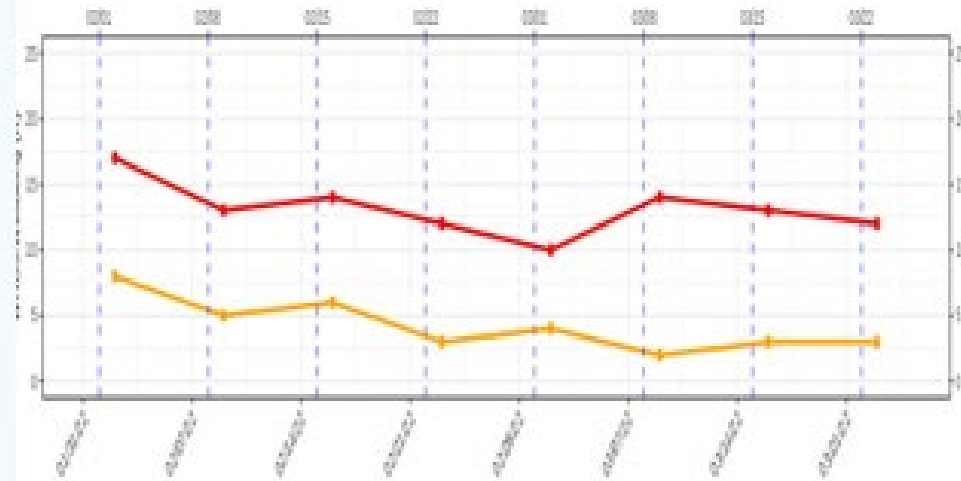


**Real Results**  
Measurable Outcomes

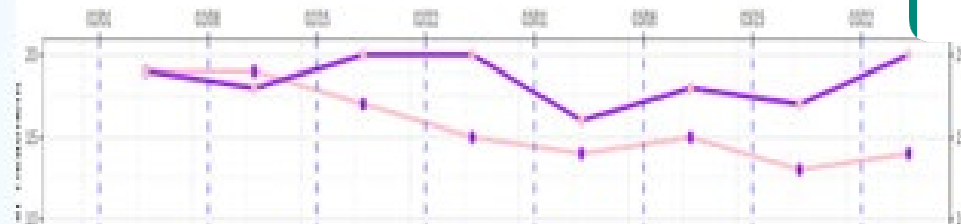
## Patient Progress Dashboard



Well-being/Loneliness



Confidence in Therapist and Treatment



**Population Insights**  
Aggregate Data View

Population Health

## Actionable Data Intelligence

Population-level data dashboard charts reveal the overall mental-health trends and needs of the entire populations, empowering administrators, providers, and stakeholders with actionable insights to strengthen prevention, support systems, and program effectiveness.



### Targeted Interventions

Identify high-risk groups early to deploy proactive support resources.



### Trend Analysis

Monitor aggregate shifts in stress, anxiety, and workplace wellbeing over time.



### Program ROI

Validate the effectiveness of clinical programs with tangible outcome metrics.

# Validated Assessment Tools



Assurance  
Clinically Validated

 All assessments use plain language and are designed for easy completion by any age.



Gold Standard

## PHQ-9

Depression Severity

Measures the severity of depression symptoms to guide treatment intensity and monitor response over time.



Clinical

## GAD-7

Generalized Anxiety

Screens for Generalized Anxiety Disorder and assesses symptom severity to track anxiety levels effectively.



NIH Funded

## PROMIS Scales

Patient-Reported Outcomes

Comprehensive measurement of pain, fatigue, physical functioning, and social participation impacting daily life.



## Pain Scales

Intensity & Interference

Tracks chronic pain intensity levels and how significantly pain interferes with daily activities and sleep.



## Functional Assessments

Capacity & Daily Living

Evaluates ability to perform activities of daily living (ADLs) to support independence and care planning.




## Uncompromising Security

Adhering to the strictest global standards for data protection and privacy.

 HIPAA Compliant (U.S.)

 GDPR Ready (EU)

 UK GDPR Compliant

 Secure Data  
End-to-End Encryption

 Trust

# Data Privacy & Governance



A transparent framework designed to protect senior rights and family privacy.



Step 1

## Explicit Consent

Seniors maintain full control over their data. Family involvement and data sharing require the senior's explicit, written permission.



Protection

## De-Identified Data

Facility reports use only de-identified, aggregate data. Individual identifiers are stripped to ensure resident anonymity in population reports.



Oversight

## Joint Governance

A collaborative framework involving Facility Administration and Aspira Health ensures the program aligns with resident care standards.



Verification

## Regular Privacy Audits

Routine third-party audits are conducted to verify compliance with security protocols and data handling laws, ensuring ongoing trust.







Data is stored in encrypted, HIPAA-compliant servers with 24/7 security monitoring.

# Use Cases



 Strategic Value  
**Real-World Impact**

Context	How MBC Data Helps
 <b>Preventing Crises</b>	Enables early detection of mood or health changes before they escalate, helping to prevent avoidable emergency room visits and hospitalizations through timely intervention.
 <b>Family Communication</b>	Provides objective data that helps families understand their loved one's true well-being status, fostering transparency and peace of mind through regular, evidence-based updates.
 <b>Care Coordination</b>	Facilitates sharing of assessment results with healthcare providers to inform better treatment plans, ensuring that care decisions are driven by consistent, longitudinal data.
 <b>Supporting Transitions</b>	Monitors how patients adjust to facility life or new care plans, allowing staff to provide targeted support during critical transition periods to improve long-term outcomes.

 All data usage adheres strictly to HIPAA & GDPR privacy standards.

# Key Success Metrics



Participation

## Enrollment Rate

Percentage of eligible patients actively enrolled in the program.

Target

High Adoption



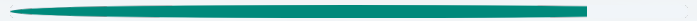
Clinical Outcomes

## Well-Being Improvement

Patients reporting positive changes in mood or social connection.

Measure

Positive Change



Risk Reduction

## Crisis Prevention

Reduction in emergency room visits and hospital admissions.

Goal

Prevent Admissions



Experience

## Family Satisfaction

Family members rating program satisfaction and peace of mind.

Target

Outcome

Positive Feedback



Adherence

## Check-In Completion

Percentage of scheduled check-ins completed by seniors.

Standard

Consistent Data



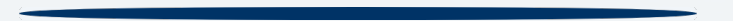
Governance

## Privacy Compliance

100% adherence to HIPAA and consent protocols.

Mandate

Zero Breaches



# Financial Overview




## Family Impact

# \$0

### Out-of-Pocket Cost

Complete financial protection for seniors and families. No co-pays, no deductibles, and no hidden fees for participation in the program.



 **No Hidden Costs**  
Full Transparency

# \$0

### Facility Fees

No per-resident charges, subscription costs, or implementation fees. The program requires no direct financial investment from the facility's budget.



### Insurance Billing Model

Seamless processing through existing coverage. All clinical assessments and monitoring services are billed directly to insurance.

- Covers initial baseline assessments



### Transparent Billing

Simple, transparent billing with no hidden costs for patients or the facility.

# Next Steps

📅 Proposed Meeting Date: [TBD / Insert Date]



**Action Plan**  
Structured Implementation

01



## Meeting

Schedule meeting with administrators and care team leaders to align goals.

02



## Review Privacy & Compliance

Discuss HIPAA protocols and family consent procedures for residents.

03



## Technology Demonstration

See the senior-friendly check-in interface in action with a live demo.

04



## Pilot Planning

Identify ideal resident group for initial pilot enrollment phase.

05



## Launch Partnership

Finalize agreement and begin the implementation timeline.

Turn-key Solution



## Ready to Start?

We are prepared to mobilize our clinical and technical teams immediately upon agreement.

[Lets Begin →](#)

# Partner With Aspira Health Global



**Let's Connect**  
Start the Conversation


Supporting Well-Being. Empowering Families. Enhancing Care.

Let's discuss how we can support your patients and families.

## Contact Information

 Creg Parks

 [creg@aspirahealth.global](mailto:creg@aspirahealth.global)

 512-529-2055



**Transform Care**  
Better Outcomes