



Continuous Wellbeing Monitoring - 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



Aspire Health Portal

Sign in to continue

LANGUAGE

us English

 Sign in with Google

or sign in with email or username

Email or username

Password

Sign In

[Create an account](#)

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For Aspira Health care teams and individuals



Proactive Care

Early support to help people stay
healthy, independent & connected.

Executive Summary

Transform Care – Improve Clinical Outcomes

The Aspira Well-Being Check-In Program delivers a turn-key solution for proactive wellbeing monitoring across all ages.

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

★ Key Benefits & Impact



Proven ROI
Data-Driven Results



01

Reduced Hospital Visits

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

↗ 25-40% Emergency Transfers



02

Enhanced Family Satisfaction

Transparent communication builds trust and strengthens engagement with individuals, families, and care teams.

↗ 35% Higher Retention Rate



03

Quality Metrics & Compliance

Automated data collection supports regulatory requirements and quality reporting.

📄 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. Simple check-ins help people of all ages understand and track how they are feeling over time.

Designed for People of All Ages

- 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

The Aspire Health Portal

A cloud-based measurement-based care and self-management platform: the single engine behind every program Aspira deploys, from hospital wards to refugee camps. We also offer the option to download our software to be used offline in remote locations without wifi.

1

Care Team Experience

Manage patients, review outcomes, and message securely across assigned locations.

2

Individual Experience

Self, family, or patient use: assessments, progress tracking, and secure messaging.

3

Trusted Contact

A minimal, consent-gated role for support networks with no clinical data exposure. Live today.

4

CWM & MBC Engine

Standardized assessments drive a continuous assess, monitor, adjust, improve cycle across every condition.

5

Multilingual Access

Six live languages with persistent preference sync; Arabic RTL in development.

6

Tiered Access Model

Tier 1 / Tier 2 content gating lets organizations scale access with their needs.

7

Aspire AI Navigator

AI-guided recommendations that connect users to the right assessments, toolkits, and resources. Live today, with unlimited access once funded.

8

Enterprise Security

MFA/TOTP authentication and a hardened Firebase/Firestore data architecture.

What Is CWM, Powered by MBC?

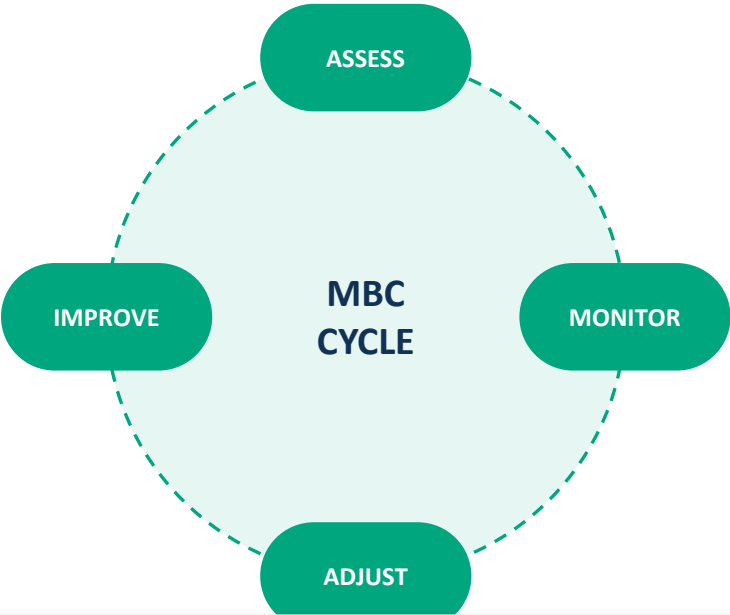
Aspira Continuous Wellbeing Monitoring (CWM) is our evidence-based approach, using standardized assessments to track progress and outcomes in real time.

24% +

Better treatment outcomes vs. traditional care models

40%

Reduction in hospitalization rates through early intervention



- ✓ **Regular Screening**
Standardized symptom tracking at every encounter
- ✓ **Data-Driven Decisions**
Objective metrics guide treatment adjustments
- ✓ **Outcome Transparency**
Clear visibility for providers, patients & payers

Free Core Assessments Included Today:

Evidence based assessments for pain, stress, anxiety, depression, and other health and mental health conditions, with licensed expansion and custom assessment building underway.

One Platform, Built for Any Program

Built to be customized and configured for nearly any structured care, monitoring, or wellbeing program, across any region, sector, or population. A few of our current programs (see aspirahealth.global/programs for the full list):

01 CWM / MBC Program

Configurable assessments and continuous monitoring for regions, organizations, or customers: patients, employees, or community members.

02 Post-Discharge Program

Structured follow-up and monitoring for patients after they leave a hospital or facility.

03 Harm Prevention Program

Early warning signs and fast, connected response for schools, hospitals, and community organizations.

04 Crisis & Disaster Events Program

Mental health support and response tools for communities facing disasters or crisis events.

05 School Program

Customized support to prevent suicide and improve mental health and wellbeing for students, teachers, and staff.

06 Senior Program

Gentle, ongoing wellbeing check-ins for older adults, with early alerts to family and care teams.

07 Care Navigator Program

Tracks a patient's mental health status between provider visits, reducing ED visits and improving outcomes.

08 CCM Program

Implements Medicare Chronic Care Management to reduce readmissions and improve outcomes for chronic conditions.

Aspire Health Portal

Dashboard

Check In

My Toolkit

My People

Find a Care Team Member

Assessment Library

Score History

Resources

Video Library

✓ Synced

Assessment Library

18 validated instruments



Not sure which assessment fits?

Ask a question and get pointed to the right assessment.

Ask a question...

WHAT IS MEASUREMENT-BASED CARE?

Measurement-based care uses short, validated check-ins — like the ones below — to track how you’re doing over time, instead of on guesswork. Regularly completing these helps you and your care team spot changes early and shape a plan around real results.

[Learn more](#)

DUE NOW

Check In CHECK-IN

Overdue

Stress and distress check K10

Overdue

Aspire Health Portal

- Dashboard
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✓ Synced

Take Assessment

GAD-7 — creg parks

0 / 7

Scale: 0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day

1. Feeling nervous, anxious, or on edge.

- Not at all
- Several days
- More than half the days
- Nearly every day

2. Not being able to stop or control worrying.

- Not at all
- Several days
- More than half the days
- Nearly every day

3. Worrying too much about different things

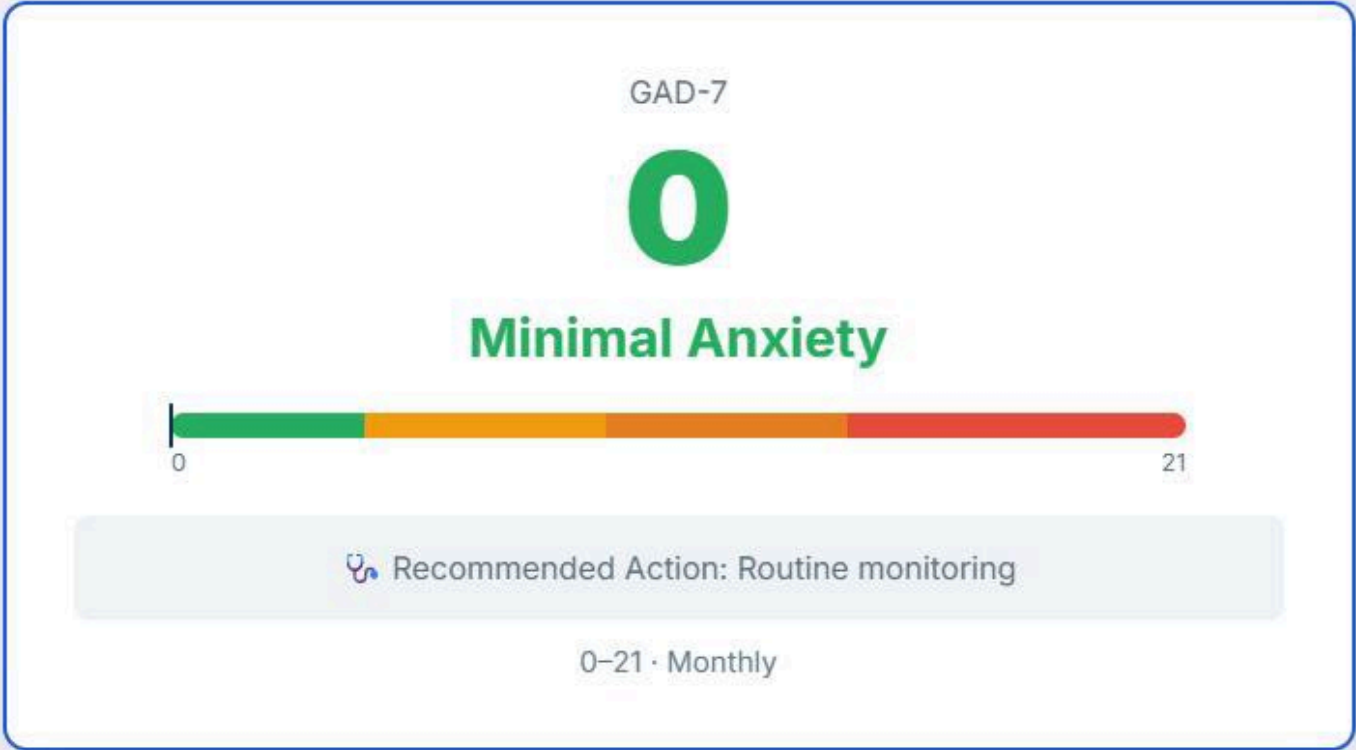
Aspire Health Portal

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✓ Synced

Assessment Complete

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This information is for educational purposes and does not replace professional medical or mental health advice, diagnosis, or treatment. Always consult with a qualified provider with questions about your health. If you're in crisis, contact the crisis resources in this app or your local emergency services immediately.

Clinical Outcomes & Insights

**Real Results**
Measurable Outcomes

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.

Patient Progress Dashboard

Anxiety Score History



Beyond the Score: Understanding What Is Driving Change

Traditional MBC tells us what changed. Aspira helps explain why.

Connect the score to the person’s real-world experience.

LIFE EVENTS

Job loss, grief, family or housing changes

TREATMENT

Therapy, medication changes, hospitalization

HEALTH + SOCIAL FACTORS

Pain, illness, financial stress, social connection

1 LIFE EVENT

What happened

2 SCORE CHANGE

What changed

3 CONTEXT

What may help explain it

4 BETTER ACTION

What to consider next

Example: Anxiety rises after a job loss, then improves after weekly therapy begins.

A New Dimension of Measurement-Based Care

Move from simply measuring change to better understanding the story behind it.

Menu

Back

Share

us English

Creg Parks

Tier 2

Premium

Download Desktop App

Sign Out

Aspire Health Portal

Dashboard

Check In

Population View

My Clients

Score History

Video Library

My Profile

Send Alert

Testing Feedback

Admin

✓ Synced

Population View

Aggregate outcomes — no individual identifiers shown — 14 total clients, 2 take assessment

Filters

FILTER BY LOCATION

All (14)

FILTER BY AGE GROUP

All

FILTER BY GENDER

All

Risk Level Distribution

2
Low Risk

0
Moderate Risk

0
High Risk

2
Total

Average Score by Instrument

WHO-5

17

2

Assessment Volume — Last 6 Months

Apr 26

0

May 26

0

Jun 26

0

Jul 26

1

Aug 26

1

Navigator

Aspira Health Global | Aspira Health Global

Validated Assessment Tools

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



Assurance
Clinically Validated



PHQ-9

Depression Severity

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

Gold Standard



GAD-7

Generalized Anxiety

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

Clinical



PROMIS Scales

Patient-Reported Outcomes

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

NIH Funded



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 individual rights, consent, and privacy.



Step 1

Explicit Consent

Individuals maintain control over their data. Family, trusted-contact, and care-team involvement follows appropriate consent and data-sharing permissions.



Protection

De-Identified Data

Organization reports can use de-identified, aggregate data so population insights can be reviewed without exposing individual identities.



Oversight

Joint Governance

A collaborative governance framework between participating organizations and Aspira Health helps align the program with applicable care, privacy, and operational 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
 Preventing Crises	Enables early detection of mood or health changes before they escalate, helping to prevent avoidable emergency room visits and hospitalizations through timely intervention.
 Family Communication	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.
 Care Coordination	Facilitates sharing of assessment results with healthcare providers to inform better treatment plans, ensuring that care decisions are driven by consistent, longitudinal data.
 Supporting Transitions	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.

Proven Benefits

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

Aspira Health Global

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 enrolled individuals.

Standard

Consistent Data



Governance

Privacy Compliance

100% adherence to HIPAA and consent protocols.

Mandate

Zero Breaches



AspiraHealth
GLOBAL

OVERVIEW

Aspire Health Portal

One platform for individuals, care teams, and organizations



www.aspirehealthportal.global