



Senior Well-Being Check-In Program

For Senior Living Facilities

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



<https://aspirahealth.global/senior-program>



Data-Driven
Clinical Insights



Proactive Care

Early support to help seniors stay independent & connected.

Executive Summary

Transform Senior Care with Zero Financial Risk

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

- ✓ Fully funded through insurance billing
- ✓ Clinically validated assessment tools



\$0 Cost to Facility

Zero Financial Risk

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



Virtual Well-Being Check-Ins

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



Evidence-Based
Clinically Validated Tools



Senior-Friendly Assessments

Simple, **evidence-based tools** designed specifically for older adults 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.



Family-Centered
Connecting Generations



Safety & Prevention

Helps **prevent crises** and supports aging safely 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



Senior-Friendly
Accessible Design

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

Senior-Friendly Design



Accessible Tech
Simple interfaces for any skill level



Peace of Mind
Families stay connected & informed



Proactive Care
Support aging safely in place

Benefits to Seniors & Families



01

Stay Independent Longer

Proactive monitoring supports aging safely at home or in a facility by identifying needs before they limit independence.



02

Feel Supported & Connected

Regular, gentle check-ins reduce isolation and loneliness, ensuring seniors feel heard and cared for consistently.



03

No Stigma or Labels

A gentle well-being approach focused on health, not a therapy or crisis service, removing barriers to participation.



04

Family Peace of Mind

Families stay informed with permission, allowing them to identify changes early and coordinate care effectively.



05

Simple & Respectful

Easy-to-use technology designed specifically for older adults, prioritizing dignity and ease of access.



Quality Metrics
Data-Driven Outcomes

Benefits to Senior Facilities

Strategic value that enhances resident care, operational efficiency, and community trust.



Operational Impact



1



Proactive Care Management

Identify health changes before they become emergencies, allowing for timely intervention and support.



Reduced Hospital Visits

Early intervention prevents avoidable crises, keeping residents safe and reducing unnecessary transfers.

3



Enhanced Family Satisfaction

Transparent communication and regular updates strengthen family trust and peace of mind.

4



Quality Metrics & Documentation

Track resident well-being with validated assessments, providing objective data for quality of care reports.

5



Staff Support Tools

Data-informed care decisions and coordination support personalized and effective care.

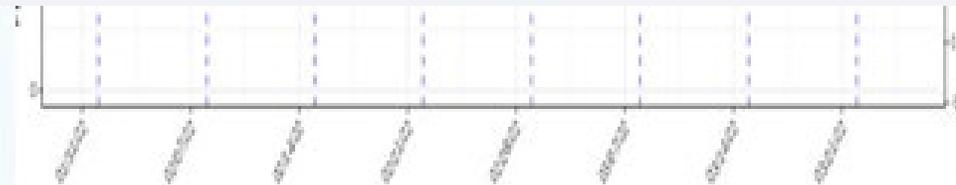
\$ Cost-Effective
Resource Optimization

Clinical Outcomes & Insights

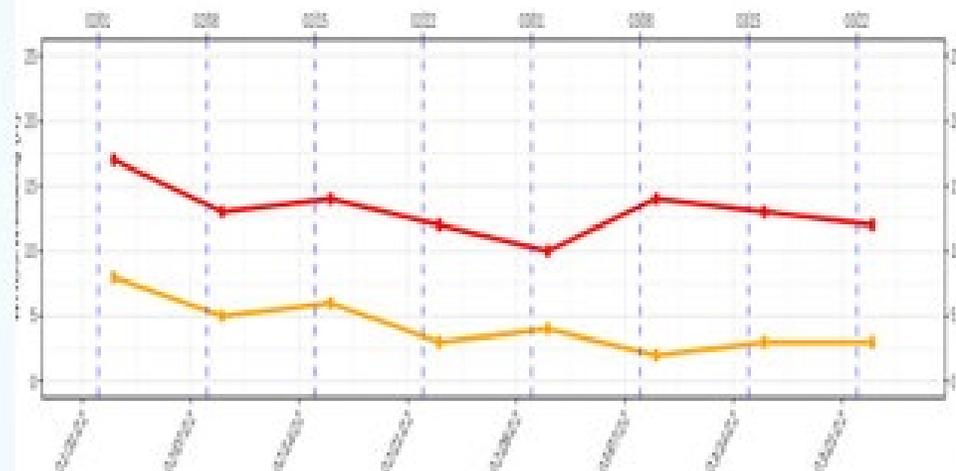


Real Results
Measurable Outcomes

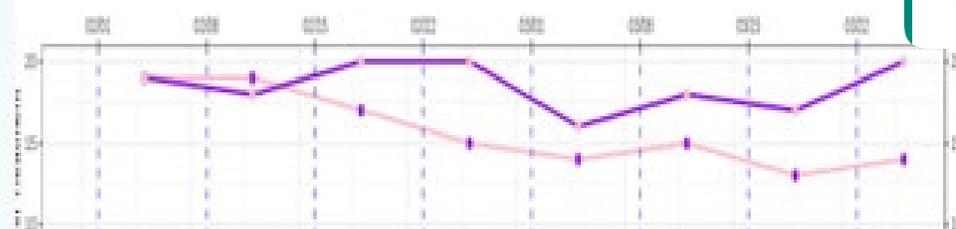
Patient Progress Dashboard



Well-being/Loneliness



Confidence in Therapist and Treatment



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.



Population Insights

Aggregate Data View

Validated Assessment Tools

 All assessments use plain language and are designed for easy completion by older adults.

 Assurance
Clinically Validated



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 support independence and care planning.

 Accessibility
Simple to Use



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

 Senior 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 in Senior Care Settings

★ 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 seniors adjust to facility life or new care plans, allowing staff to provide targeted support during critical transition periods to improve long-term outcomes.

🌱 Outcomes
Proven Benefits

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

Implementation Roadmap



Senior Health
BAL
Structured
7-Step Process

1



Facility Partnership

Align with administrators and care teams to define goals, metrics, and operational workflows.

2



Senior & Family Outreach

Present program benefits to residents and families, explaining the enrollment process clearly.

3



Technology Setup

Configure check-in preferences via text, email, or portal based on resident accessibility needs.

4



Staff Training

Train care teams on interpreting assessment results and responding appropriately to alerts.

5



Insurance Coordination

Process billing seamlessly through insurance verification to ensure zero cost for participants.

6



Family Portal Access

Grant authorized family members viewing permissions to monitor their loved one's well-being.

7



Ongoing Support

Conduct regular reviews and program optimization to ensure continued value for the facility.



Ready-to-Deploy
Turn-Key Solution

IMPLEMENTATION

Rollout Timeline



 Timeline
6-Month Roadmap

Phase 1



Partnership & Planning

Establish facility partnership and align strategic goals with administration.

Phase 2



Training & Setup

Complete staff protocols training and configure check-in technology.

Phase 3



Pilot Enrollment

Launch pilot with selected residents to refine processes before scaling.

Phase 4



Full Rollout & Portal

Expand to all residents and launch secure family portal access.



Strategy
Phased Approach

Key Success Metrics



Participation

Enrollment Rate

Percentage of eligible residents actively enrolled in the program.

Target

High Adoption



Clinical Outcomes

Well-Being Improvement

Seniors 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



Treatment Costs

Seamless Billing No hidden costs for residents or the facility.

Insurance Covered
Seamless Billing

Next Steps

📅 Proposed Meeting Date: [TBD / Insert Date]



Action Plan
Structured Implementation

01



Facility Leadership 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.



Partnership Ready

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 Senior Well-Being. Empowering Families. Enhancing Care.

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

Contact Information

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 **Transform Care**
Better Outcomes