

Sentiment analysis reveals effectiveness of mental health coaching app.

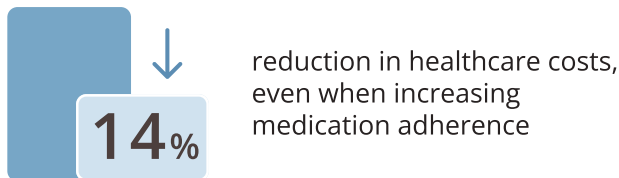
Quarvis Health is a text based benefits navigation and coaching platform with trained human coaches that respond on demand to help members manage stress, cope with emotions, reach goals, promote wellness and more. Coaches help members connect to the benefits and services that help them meet their personal goals. This study looks at a population of members where **68%** were experiencing emotional distress, **58%** were concerned about work stress and **75%** of members came to Quarvis Health with 3 or more interconnected issues.

RESULTS

Formal evaluation finds more than 4x ROI based on:

- **+23%** increase in productivity
- Reduced monthly absenteeism by **2 hours/member**
- Dramatic **-28%** reduction in unhealthy days
- **-75%** reduction in severe distress
- **+90%** improvement in mental wellness

Third party claims analysis shows:



METHODOLOGY

This study analyzed the impact of Quarvis Health on medical and pharmacy costs. Propensity based matching was used to compare Quarvis Health users to a comparable non-Quarvis Health users' group.

STEP 1 - Defined Study Group

123 families who had 4+ conversations with Quarvis Health and were enrolled during the complete study period

- Note: Removed high-cost members, i.e., those with >\$6K allowed spend on Medical + Pharmacy in pre or post period
- Considered only the families who had their 1st interaction with Quarvis Health after July 2020, since Quarvis Health was in trial phase before that time period

STEP 2 - Identified Control Group

1,226 non-Quarvis Health families who were eligible for Quarvis Health but did not use the services

- Ensured demographic similarity between the two groups
- Ensured medical and pharmacy utilization (spend, refills, etc.) in pre period was similar between the two groups using propensity-based matching

STEP 3 - Compared Utilization Trend

Studied the trend of utilization over time for families enrolled with Quarvis Health and the control group to assess impact of Quarvis Health product