

CASE STUDY: Sustained Health Improvement Using the Avidon Platform

Improving the health of diverse populations with digital coaching.

Summary

Avidon, an award-winning digital health coaching solution from Avidon Health, was deployed across a diverse array of employer groups in industries ranging from manufacturing to healthcare. This case study evaluates the impact of Avidon on employee health metrics over two years, absent any other interventions.

IMPACT

A range of key health data—including weight, cholesterol, and blood pressure—was captured across thousands of employees in multiple organizations. This study analyzes participants who cited Avidon as their *only* intervention.

1,500+



Unique participants saw health improvements

5,000+



Health records logged showing improvement

CHALLENGE

To enhance health outcomes across a diverse workforce with varying health baselines and risk factors. The key goal was to cost-effectively drive sustainable health improvements leveraging Avidon as the only intervention.

APPROACH

Avidon programs were offered to employees looking for health education and support for a range of health needs. Individuals selected personalized, self-guided digital coaching experiences and were provided resources, accountability, and encouragement that empowered them to take charge of their health and improve their biomarkers.



**Health
Education**



**Digital
Coaching**



**Annual Biometric
Screenings**

KEY TAKEAWAYS

1

Health Improvements Across the Board

The data shows significant improvements across all categories resulting directly from the Avidon digital wellbeing interventions.

2

Avidon Can Stand Alone

This data demonstrates the efficacy of Avidon interventions as truly effective behavior change tools that can improve health outcomes.

3

More Time = More Benefits

More than one third of participants from year one continued with Avidon, improving many metrics by 2x that of single-year participants.



AVIDON HEALTH

DATA SUMMARY



Over 1,500 individuals reported health improvements using only Avidon programs. Data was captured during annual biometric screenings conducted by trained health professionals. Sample sizes for each health metric can be found in parentheses next to each data set.

Of the 879 participants from year one, more than one third (324) reported health improvement data for two consecutive years. This multi-year cohort also saw significantly higher benefits in all categories, demonstrating a link between length of engagement and outcomes.

OUTCOMES DATA



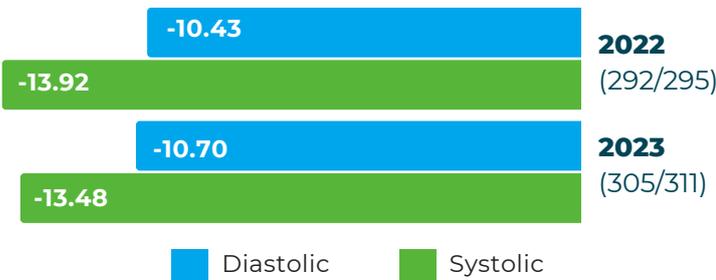
Body Mass Index



Weight (lbs)



Blood Pressure



Glucose



LDL Cholesterol



Total Cholesterol

