

## INDIVIDUAL CASE STUDY



**Phil\***

MOBE PARTICIPANT

AGE: 56

### Key Takeaway:

Phil is physically active in ways he never thought possible. At one year with MOBE, he lowered his A1C, reached an optimal weight, and eliminated or reduced meds for six of his eight conditions.

In year one, Phil's claims cost went down  
**70%**  
From \$19,272 to \$5,780.

### Conditions

- Type 2 diabetes
- Overweight
- Cardiovascular disease
- High blood pressure
- Chronic pain
- High cholesterol
- Prostate condition
- Anxiety

### Before MOBE

Phil had lost his father to a heart attack. So when he was diagnosed with cardiovascular disease and Type 2 diabetes and underwent quadruple bypass surgery two years before starting with MOBE, it was a wake-up call for managing his health.

A year before MOBE, Phil tried a digital-only weight loss program in a group setting. Without personalized support or consideration of his chronic conditions and medications, the program failed to address his unique needs. He only lost one pound that year, leaving Phil discouraged and facing ongoing health challenges.

### Phil's MOBE Journey

His MOBE Guide and Pharmacist showed genuine interest in Phil as a person, and it made a difference.

**"That connection was key. We're literally a team working together toward my health,"** said Phil.

Having steadfast partners in his health and regular communication motivated Phil. With his Guide, he set twelve goals, and within the first year achieved nearly half. He focused on walking, incorporated muscle-building exercises, and worked on mindfulness around several lifestyle behaviors.

Phil was on many medications and had switched GLP-1s twice in the year with MOBE—optimization of meds was crucial. As his weight fluctuated, his MOBE Pharmacist identified important changes to address dizziness and fatigue. In communication with Phil's providers, the Pharmacist identified and resolved 18 issues related to Phil's meds and conditions: eight critical for safety/adverse effects/interactions, seven related to med stop/start/preventive needs, and three for dosage changes. And she helped Phil understand his meds. He said, **"I can't tell you how many times I refer to the summary she gave me."**

**25**

Phone appointments  
with MOBE Guide

**6**

Phone appointments  
with MOBE Pharmacist

**142**

app chat messages  
between them

“To have MOBE’s support is HUGE. The care is authentic and real... and that’s RARE.” —Phil

## Year One Results

### HEALTH OUTCOMES



Phil successfully lost 20% of his baseline body weight.



The lowest Phil's A1C has been for years. (Finally within normal range.)



All 18 medication-related issues were resolved in coordination with Phil and his prescribers.



Phil reduced his chronic medications from 15 to six.

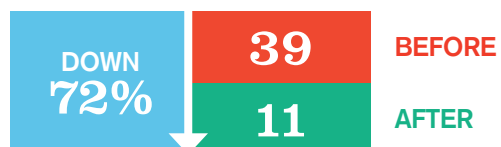
### PHYSICAL ACHIEVEMENTS

- Walked a 26.2-mile marathon
- Hiked 4 miles to a mountain lake
- Climbed countless stairs in Sicily
- Recovered from an injury with speed, crediting newfound resilience

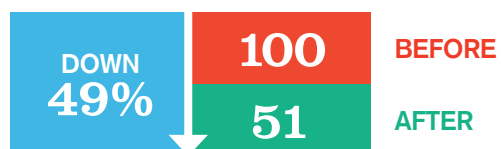


### UTILIZATION OF HEALTH CARE

Specialty and primary care, labs

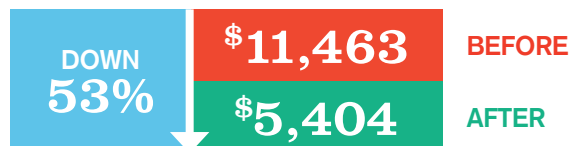


Number of Rx claims

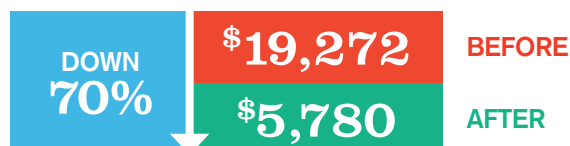


### CLAIMS COSTS

Prescription



Medical and pharmacy combined



12 MONTHS  
BEFORE MOBE

VS

12 MONTHS AFTER  
STARTING MOBE

“I can’t say enough how much this has impacted my life.” —Phil

**MOBE**

Discover better health outcomes and lower overall health care costs.

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