



Real stories. Real results.

Discover MOBE participant health journeys
and their positive outcomes.



Change for the Better

MOBE® is the whole-person, cross-condition solution that goes further to guarantee reductions in the cost of care by millions of dollars in year one and delivers better health outcomes for your members.

Working with health plans, we find an overlooked, rising-risk population of members who are continually seeking solutions in the health care system and driving up costs. Our proven solution achieves results through personalized lifestyle guidance and medication optimization. MOBE-identified members come from all walks of life and from all across the country, with health challenges as unique as they are.

They also have a lot in common. When they work with our MOBE Guides and Pharmacists, their lives are transformed. We effectively address the needs of multi-chronic members, resulting in improved health outcomes and reduced over-utilization of health care services. MOBE reliably demonstrates lower total cost of care in the first year.



“

**This is bending
the cost curve—
a financial win
and a human win.**

”

MOBE Health Plan Client



AGE:
29

Blake

MOBE Participant

How MOBE Helped:

Blake says his MOBE Guide Doris broke things down for him in ways he could understand—like building blocks that he used to transform himself. Blake went from being sedentary to running 10–5 miles a day. He opened up to Doris in ways he hadn't with anyone else, and he completely gave up alcohol and energy drinks—he's no longer self-medicating. Blake lost 60 pounds and is more energized than ever before.

Health Concerns:

- Obesity
- Substance Use
- Depression



I knew what I wanted, but the confusing part was how to get there. Pushing myself past limits I never thought were possible is my new life! It's truly amazing. ”

How MOBE Helped:

Lauren says a video about purpose shared by her MOBE Guide Maggie changed her. She now stretches and walks 10,000 steps every day, and she's sleeping much better. Her food shopping, cooking, and eating habits have completely changed, and her clothes fit better. Lauren's doctor took her blood pressure three times in disbelief that she'd gotten it under control. MOBE Pharmacist Erika explained each medication, and ultimately, Lauren was able to go from six meds to two.

Health Concerns:

- Anxiety and Depression
- Kidney Disease
- Weight Issues
- Hypertension
- Ulcers
- Tension Headaches



Lauren
MOBE Participant



**I'm structurally well now. I feel like a whole different person.
MOBE has prepared me for any life challenges I'll face in the future.**





AGE:
60

David
MOBE Participant

How MOBE Helped:

David credits his MOBE Guide Riley with helping him develop maintainable habits and accountability. By walking, stretching, eating with health in mind, and with Riley checking in, David lost 20 pounds and has less pain. He maintains a growing spreadsheet of goals. He overhauled his bedtime rituals and now wakes up energized. David is grateful to MOBE Pharmacist Kristine for the information that led him to eliminate Benedryl, Tylenol, and Advil.

Health Concerns:

- Weight Issues
- Hip Pain
- Trouble Sleeping



My providers were surprised that Kristine would know about natural supplements. I love talking to Ri because she's always happy, and it's infectious.



How MOBE Helped:

Katie took the mind-body connection to another level. She credits her MOBE Guide Kenny with helping her love herself in ways she hadn't ever before—physically and mentally. Katie now looks at food as fuel and does daily breathwork and meditation. Her calprotectin levels (intestinal inflammation) went from 535 to 16 in just two months, and she managed a UC flare-up without resorting to drug infusions. Her doctor was wowed.

Health Concerns:

- Ulcerative Colitis (UC)
- Migraines
- Stress



AGE:
30

Katie
MOBE Participant



There are so many tools out there, but you don't have a human connection. I love Kenny! I'm taking control and learning how to honor my body. ”



AGE:
44

Greg
MOBE Participant

How MOBE Helped:

Greg's MOBE Guide Jeremiah became a mentor for healthy eating and physical fitness. Greg impressed his doctor by lowering his triglyceride level 70 points without medication. He has more energy and less back pain. With his MOBE Pharmacist Anna, Greg eliminated an asthma medication that caused cramping and restless nights. He cut his dosage of acid reflux med in half. All in all, he went from five prescriptions to two.

Health Concerns:

- Acid Reflux
- High Cholesterol
- Asthma
- Back Pain
- Family History of Diabetes



My blood work—for the first time in probably 15–16 years—everything was perfect. This is the healthiest I've been in my entire life.



How MOBE Helped:

Deb joined a live, online MOBE coaching session even before her first call with MOBE Guide Cynthia. She's used countless MOBE resources and worked with Cynthia to move more, snack healthier, and drink more water—tracking with a rock on her countertop instead of on app. With MOBE Pharmacist Erika, Deb changed her magnesium supplement to one that's absorbed better. Since adjusting her bedtime routine and med timing, Deb sleeps eight hours every night.

Health Concerns:

- Pre-Diabetes
- Trouble Staying Asleep
- Lack of Motivation
- Glaucoma



Deb

MOBE Participant



Cynthia led me to making goals that were doable and to consider what the barriers might be, and how I might approach something that'd get in the way. ”



AGE:
31

Koshie

MOBE Participant

How MOBE Helped:

In discussion with her MOBE Guide Lori, Koshie determined many of her symptoms were stress-related. She introduced physical activity and lost 19 pounds, plus the biking and walking improved her nightly sleep by three hours (and she'd previously tried a CPAP machine). With the help of her MOBE Pharmacist Anna, she discovered she was misusing a medication. And best of all, Koshie went from 10 prescriptions to zero.

Health Concerns:

- Insomnia
- Stress
- Gastrointestinal Issues
- Weight Management



I don't have my flare-ups anymore. My breathing is better. My sleep is better. Fewer ER visits. Work. I'm just overall feeling better!



How MOBE Helped:

Todd had been trying to quit smoking for decades and credits his success to a relationship with his MOBE Guide Tom. Todd replaced smoking with walking and is now exceeding 10,000 steps per day. He reserves time during his lunch break to meditate and notes improvements in his mood and thought clarity. His doctor prescribed a new medication, and Todd's MOBE Pharmacist Megan went over what to expect, in depth.

Health Concerns:

- Pack-a-Day Smoker
- Anxiety
- Unfamiliar with Taking Any Medications



Todd
MOBE Participant



It's having that human being on the other end of the phone who's there to answer all the questions. They're there to support you. ”



AGE:
52

Connie

MOBE Participant

How MOBE Helped:

Connie's MOBE Guide Riley taught her about carbohydrates and how they affected her body. Riley motivated her to work cardio into walks, discover Zumba, and eat the right foods. Connie lost 130 pounds. Working with Erika, a MOBE Pharmacist, she went from 10 prescriptions to five. Connie's blood pressure is much better, and her A1C is down to 5.6. Within six months, she'll be off insulin altogether.

Health Concerns:

- Diabetes
- Obesity
- Bladder Issues
- Hypertension
- Arthritis
- Nose Bleeds



When I think of MOBE, I think of a lifesaver off the edge of a boat. I got encouragement, education, and support. Knowledge is power.





Phil

MOBE Participant

**Phil's success led to a
70% reduction in claims cost.**

See how MOBE support led to decreased health care utilization and significant savings in Phil's individual case study.

[Check it out here >](#)

MOBE[®]

Discover better health outcomes and lower overall health care costs.

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