The Power of the Platform

Yes Health offers three programs within its powerful, all-mobile platform. That lets companies and payers pick, choose and combine programs to best serve their unique populations and address specific health challenges. Use this chart for an at-a-glance reference of what makes each program unique.

	Diabetes Prevention Program	Healthy Weight Program	Concierge Health
Length of Program	52 weeks	52 weeks	52 weeks
General Format	▸ CDC-recognized program ▸ Follows CDC curriculum, building on knowledge with new lesson each week ▸ Reimagines traditional DPP programs with a simple 100%-mobile solution and in-the-moment, personalized coaching on nutrition, fitness and well-being	▸ Yes Health curriculum based on the Harvard Healthy Plate guidelines ▸ Focuses on nutrition, fitness and well-being for a holistic approach to weight loss ▸ Participants can post meal and activity pictures and receive feedback, or message coaches as needed for quick response	▸ Focus on setting and pursuing individual health and wellness goals with the support of a coaching team ▸ Coaches check in regularly, answer questions, make personalized suggestions and provide resources ▸ Additional content loaded weekly on various health topics
Designed for	Adults who are 1) pre-diabetic or 2) at risk of diabetes based on CDC guidelines	Adults who have a goal of losing weight and improving their health through nutrition, fitness and well-being	Adults who want coaching support to meet their specific nutrition, fitness and overall wellness goals
Support System	▸ Team of licensed or certified nutrition, fitness and wellness coaches ▸ Online peer support group	▸ Team of nutrition, fitness and well-being coaches ▸ Online peer support group	▸ Team of coaches check in regularly to discuss goals and offer support
Main Goal	Diabetes prevention through improved nutrition, fitness and overall well-being, with a focus on weight loss	Setting and achieving manageable weight loss goals and improving overall wellness with a holistic approach	Achieving user-identified health and wellness goals
Technology	▸ Yes Health app – iOS or Android ▸ App connectivity with several smart scales and fitness trackers	▸ Yes Health app – iOS or Android ▸ App connectivity with several smart scales and fitness trackers	▸ Yes Health app – iOS or Android ▸ App connectivity with several smart scales and fitness trackers
Outcome Monitoring/ Data Tracking	All results reported to CDC and available to payers. Deidentified reports for employers and other strategic partners	Deidentified reports for employers and other strategic partners	Deidentified engagement reports for employers and other strategic partners
Best for	▸ Companies/health plans with high diabetes risk or prediabetes rates ▸ Organizations seeking productivity gains and healthcare savings	▸ Companies/health plans with high obesity rates ▸ Organizations seeking to prevent major health impacts caused by obesity	▸ Companies/health plans with populations that value health, fitness and wellness ▸ Organizations seeking cost-effective benefits that improve wellness and boost morale ▸ Those who desire the flexibility of setting their own, customized goals