



Revolutionizing Root-Cause Medicine:

Ciba Health's **Proven** Clinical Outcomes



WHITEPAPER



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Going Beyond the Standard

In an ideal world, health is supposed to enhance life, not consume it.

That's why bright minds have been challenging conventional thinking around traditional medicine by focusing on increasing healthspan—the number of years we live free from disease—as much as lifespan.

To do this, alternative models of healthcare have been shaking up the status quo at every turn for years. In the past, combining personalized care and technology was the secret weapon; the differentiator that made a provider or clinic stand out. It was like being the person who seamlessly parallel parked a car during rush hour traffic in front of sidewalk diners; you instantly had the “it” factor. Not anymore.

Today, personalized care in digital health is table stakes. So, what makes a digital health solution so compelling? So effective in delivering meaningful health outcomes that last? Look no further than Ciba Health's approach to root-cause medicine, or tackling the source of symptoms to unearth underlying causes of disease, and in turn, prevent and reverse chronic health conditions.

Real Results, Built for Real Lives



While health changes take concerted effort, there's a certain magic in Ciba's high-touch care, tech-enabled approach that lends to springboarding into better health.

Led by licensed physicians and flanked by registered dietitians, and certified health coaches—who meticulously analyze medical histories, lifestyles, and advanced labs—patients are seeing big changes including:

- Healthier HbA1C levels
- Reduction in medication usage
- Improved sleep quality

Let's dive into specifics.

In a comprehensive analysis from December 2021 to November 2023, we looked at 500 patients in Ciba Health's Type 2 Diabetes Mellitus (T2DM), Digestive Health Program (DHP), and Advanced Primary Care (APC) interventions. This group was 75% female, 25% male, and between the ages of 24 and 63. Caucasian, Asian, Black, and Hispanic populations were well- represented.

Utilizing baseline and follow-up data, the **effectiveness** of Ciba's interventions revealed the following:



Healthier HbA1C's

95% of T2DM patients reduced their HbA1C level, with an average reduction of 3 points or greater per patient.



Medication Reduction

75% of T2DM patients reduced their medication usage, with an average reduction of 1.3 medications per patient.

62% of DHP patients reduced their medication usage, with an average reduction of 1.1 medications per patient.

50% of APC patients reduced their medication usage, with an average reduction of 1.2 medications per patient.



Sleep Score Improvement

T2DM patients showed an average sleep score improvement of 1.4 points ($p < 0.01$).

DHP patients demonstrated an average sleep score improvement of 1.1 points ($p < 0.05$).

APC patients exhibited an average sleep score improvement of 1.6 points ($p < 0.01$).



Taking Action Today

Health can be complex and expensive. But, it doesn't have to be. With Ciba Health's innovative approach—leveraging advanced labs and biomarkers, technology, connected devices, and a mighty team of double board-certified doctors and health professionals—patients are seeing significant improvements in HbA1C levels, sleep quality, and reliance on medication.

No question, it's an exciting time to be in the digital health industry. It's a time of unprecedented progress and opportunity, if those involved—from health plans and employers to providers and consultants—are prepared to embrace root-cause interventions that deliver real results. Those who refuse to press the “pause” button on adopting a mission to get to the source of symptoms and their subsequent high costs—on health and on living.

Transforming health for the body and the mind is a team approach. Join our mission to help people take back their health, and improve their lives.

References:

Available upon request.

Note: The data analysis and results presentation have been condensed for brevity. A more detailed analysis and visual representation of the data can be provided upon request.