



CASE STUDIES

MyPHIA™

MY PERSONAL HEALTH ASSISTANT™





A transit agency's commitment to their most valuable asset-their employees, leads to an innovative approach to risk reduction.

Challenge:

Improve the health literacy of transit operators to control rising healthcare costs and enhance health outcomes.

Solution:

My Personal Health Assistant™ worked collaboratively with employees, providing personalized engagement strategies that focused on health education, appropriate use of healthcare resources, medication adherence, use of preventive services, primary care utilization, and personal goal setting.

Results:

Those employees with whom we engaged, saw a 31% increase in preventive office visits and a 55% decrease in hospital admissions.



Believing that a healthy workforce leads to greater well-being at work and at home, this energy company looked for a way to drive employee utilization of on-site clinics.



Challenge:

Increase utilization of an on-site clinic to boost preventive screenings and annual physicals.

Solution:

Routine visits with a Primary Care Provider are vital to better health outcomes. The Personal Health Assistant™ service worked with employees to educate and facilitate their engagement with one of the on-site clinics serving the company's operations staff.

Results:

The on-site clinic, supported by the My Personal Health Assistant service, experienced higher rates of preventive screenings and annual physicals (88% of population) than those of other on-site clinics sponsored by this company (43% of population).



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