

# Impact by One Medical

Chronic condition management,  
embedded in primary care



Impact by One Medical combines longitudinal high-touch care, education, and health navigation with an integrated technology platform to help employees manage their chronic conditions and avoid the onset of new ones.

From diabetes to hypertension, One Medical's team-based approach tackles chronic care management — all in one place.

## Patient testimonials

“

I love how this program is set up, with different providers checking on me who have different specialities.. I would never be able to handle all this information in one session.”

- Patient enrolled in Impact

“

When my care navigator told me my A1c went from 14.1 to 7.1 only half way through the program, I was super excited. I couldn't be more happy and couldn't have done it without my team's encouragement so thank you.”

- Patient enrolled in Impact

## Conditions we can help with:

- ✓ Diabetes
- ✓ Fatty Liver Disease
- ✓ Heart Disease
- ✓ High Cholesterol
- ✓ Hypertension
- ✓ Obesity
- ✓ Prediabetes
- ✓ Prehypertension



# Helping employees manage their chronic conditions, and avoid the onset of new ones

Our multidisciplinary chronic care management program is designed within primary care to address a patient's entire health journey. Built to address a variety of conditions, patients work with their dedicated care team led by a primary care provider to set health goals and make a personalized plan to meet them.

This can include: 1 on 1 behavioral coaching sessions, group classes, and self-guided educational resources, as well syncing data from wearable devices.

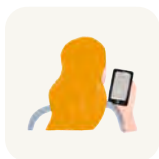
## What to expect from Impact



### One healthcare homebase

Our expert clinicians, care navigators, and licensed coaches use a team-based approach to tackle chronic conditions.

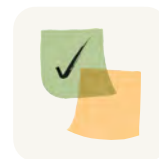
They collaborate with patients to build personalized care plans and, if necessary, connect them to specialists at our health system partners and coordinate care.



### Seamless care across platforms

No matter where patients are in their health journey, we ensure they have the right team, information, and resources they need.

Our tech platform connects remote devices, enables easy appointment booking, delivers clinical education, and makes it easy to provide continuous care.



### Proven health outcomes

Integrated into primary care, Impact provides patients with longitudinal care focused on proactive prevention — and addresses social determinants of health — to drive better long-term health outcomes and lower overall total cost of care.

Learn more about how Impact by One Medical can help you at [onemedical.com/impact](https://onemedical.com/impact).

Not yet a One Medical member? Enroll today at [onemedical.com/myhealth](https://onemedical.com/myhealth).

