



# Real stories. Real results.

Discover MOBE participant health journeys  
and their positive outcomes.



## Change for the Better

MOBE® goes further to deliver better health outcomes and lower overall health care costs through personalized lifestyle guidance and medication optimization. We find an overlooked, rising-risk population of individuals who are continually seeking solutions in the health care system, driving up costs. They come from all walks of life and from all across the country, with health challenges as unique as they are. And MOBE's whole-person, cross-condition solution helps.

When multi-chronic employees are paired with our MOBE Guides and Pharmacists, their lives are transformed. Our innovative approach to condition management addresses the fragmentation of care and simplifies health improvement for individuals managing multiple health issues.

MOBE's a win for employers, too; it reduces the burden of rising health care costs and guarantees year-one speed-to-savings.



“

**I think MOBE's doing  
a really great thing  
in the industry.**

”

MOBE Client,  
In-House Benefits Consultant



AGE:  
**29**

**Blake**  
Forklift Driver,  
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 10–15 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



**It's life changing. Pushing myself past limits I never thought were possible is my new life! I'm so thankful my employer is looking out for our health.**



## 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



AGE:  
**31**

**Koshie**  
Behavior Analyst,  
MOBE Participant



**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! ”**



AGE:  
**46**

## Todd

Application Analyst,  
MOBE Participant

### 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



**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. ”**

## 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**

Teacher,  
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

Server Administrator,  
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:

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**

Administrative Leader,  
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:  
**52**

## Connie

Counselor,  
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.

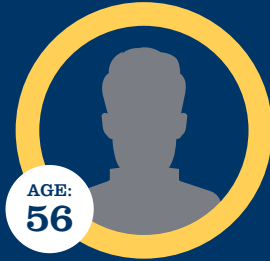
### Health Concerns:

- 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<sup>®</sup>**

Learn more about MOBE's innovative approach to condition management.

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