

Jasper from Johns Hopkins Medicine:

Keeping your employees engaged on the path to better health



\$20.4
Billion Annually

Lost productivity in the form of **unplanned absenteeism** due to diabetes management costs employers an extra **\$20.4 billion annually**.¹



58 Million Days

Employees with diabetes miss an average of **5.5 extra workdays** per year. This amounts to nearly **58 million additional days** of unplanned missed work.¹

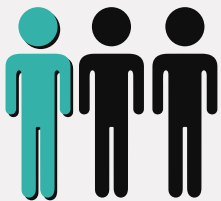
Helping your employees manage their health isn't always easy. Especially when they're trying to prevent the onset of diabetes or learning how to live with a recent diabetes diagnosis. There's a lot to think about. They need to make sure to maintain a balanced diet, exercise regularly, and take the right medications at the right time. With additional work and family commitments to worry about, it doesn't take much to get overwhelmed and lose track.

Jasper is ready to help.

Designed by Johns Hopkins clinicians with expertise in chronic condition management and behavior change, **Jasper is a dependable guide to diabetes prevention, management, and healthy lifestyle adjustments.**

Help your employees stay on the path to better physical health with Jasper - an engagement tool that can help **increase employee productivity** by providing the support needed to **simplify the management of their overall wellbeing.**

Prediabetes



1 in 3 US adults have **prediabetes**

prediabetes is a precursor to type 2 diabetes



Diabetes



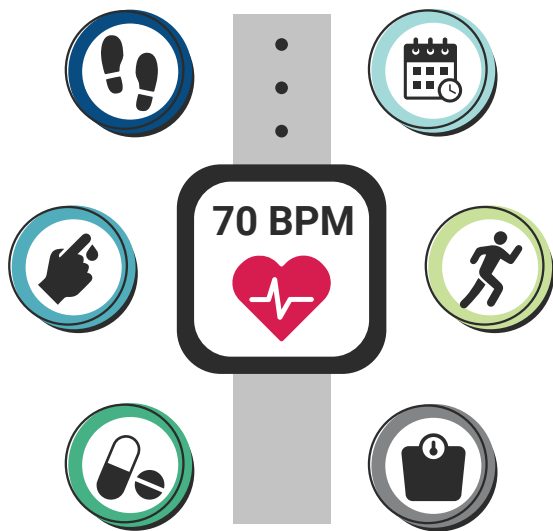
1 in 10 adults have **diabetes**



Assessing & Understanding Need

More than 1 in 3 US adults have prediabetes, but 80% don't know they have it. Meanwhile, 1 in 10 have diabetes, but 20% are unaware of their condition.² Though signs of diabetes can begin to show early, it may take a person a while to recognize the symptoms. They may struggle with fatigue, vision changes, or other impacts to their general wellness.

Our research-based **lifestyle questionnaires** help your employees **assess their needs** and identify stressors or behaviors that might be preventing them from taking the best possible care of themselves. Access to Jasper's **personalized educational content** ensures employees **stay updated on the information they need** to live the healthier lifestyle they want.



Streamlining Health Management

Jasper has everything your employees need to stay organized, all in one place. Employees can track weight, food, sleep, activity and connect to apps – all in one seamless solution. They can enter data manually, or connect a glucometer or Fitbit®.



Overweight

+



45 years or
older

+



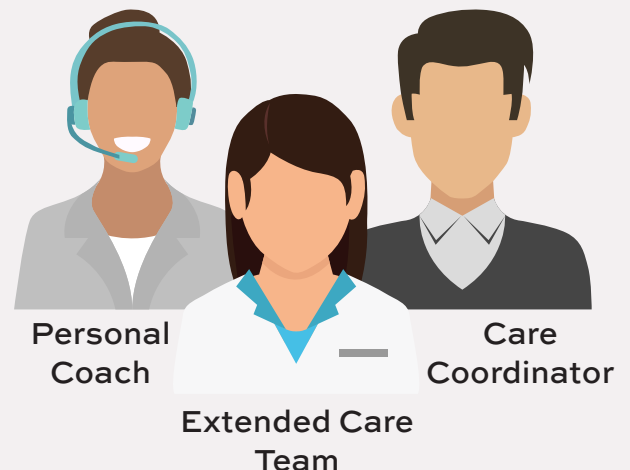
Low physical
activity

Certain factors put people at a higher risk for prediabetes and type 2 diabetes.

With Jasper, a team of program-trained experts help your employees stay on the right path to health.

Supporting Self-Management

A Personal Coach to answer employees' questions when they need support. A Care Coordinator to assist them with accessing the right information, finding the right providers, and connecting to an Extended Care Team of nutritionists, pharmacists, mental health providers and physical therapists. And since every bit of support makes a difference, family and friends will be able to log on to help with accountability, motivation and encouragement.



Prioritize Your Employees

Through comprehensive knowledge questionnaires, individualized educational content, streamlined biometrics, data tracking, behavior change, self-management techniques, and identification of social circles for moral support, Jasper gives your employees what they need to simplify the management of their condition.

Prioritize Physical Health

Diabetes prevention, self-management, education, and support have been scientifically proven to help people with prediabetes or diabetes lower the risk of complications and improve health outcomes.²

Jasper adapts to the needs and preferences of your employees.

It helps them **take charge of their health** – so they can **take charge of their lives**.



Johns Hopkins HealthCare Solutions

The Johns Hopkins HealthCare Solutions team utilizes Johns Hopkins science and clinical expertise to develop solutions that improve population health outcomes for both local and global populations. Working with a variety of organizations—including employers, health plans, and provider organizations—we distill data, share insights, and implement interventions to influence changes in individuals' health behaviors, millions of people at a time.

We take a whole-person approach to health management, evaluating both the physical and behavioral health needs of a population with a focus on chronic disease management.

Our programs include interactive questionnaires, educational content, personalized support, and provide access to a care team. For each unique health care solution that we design for you, the goal is the same: better health outcomes and improved population health.

To Learn More about Jasper and Johns Hopkins HealthCare Solutions' other programs designed to keep your workforce healthy:

Email: jasper@johnshopkinssolutions.com

¹ Source: <https://news.gallup.com/poll/221078/diabetes-costs-economy-estimated-266b-annually.aspx>

² Source: <https://www.cdc.gov/diabetes>