



PACK HEALTH®



Member Stories



HEPATITIS C

“My dealings with Pack Health uncovered an amazing company with a product like none I’ve ever seen offered to Hepatitis C patients.”

Lucinda Porter, RN | Hepatitis C Advocate (www.lucindaporterrn.com)

I found Pack Health to be extremely supportive, educational and helpful. Having a knowledgeable (and nice) counselor call me every week made me feel special. I would recommend that anyone dealing with Hepatitis C to sign up for Pack Health before they start treatment and utilize these wonderful people all the way through treatment.

Pam Langford (PeachStatePam) | Hepatitis C Advocate

Thank you for the information and the encouragement. I wish this type of service was available while I was undergoing treatment. It would have been much easier knowing someone was available to answer questions, send information or as you just did simply offer good advice and encouragement. Hepatitis C is finally coming to the forefront, hopefully the stigma associated with that diagnosis will be addressed as well.

Pack Health Patient | Hepatitis C

Pack Health is the best way for clients to proceed through treatment because of the interactions with health advisors and hands on materials. My job is also easier with Pack Health, I enroll my patients and Pack Health engages the patient from that point forward.”

Wayne Gosbee | Linkage to Care Consultants, LLC

TYPE 2 DIABETES

*I recently finished a call with one of my patients with Type 2 Diabetes. During the conversation, I asked, “**How are things coming along?**”*

***He responded,** “Well... you’re going to be proud of me, at least that’s what Dr. Anne said.”*

***So, I said,** “Okay, I’m ready...”*

***He was proud to tell me,** “My A1c number dropped from an 11 to a 7.”*

Tamara Wilson | Pack Health Health Advisor

“When I started using Pack Health, it was a great feeling that someone is out there helping my patients on a day to day basis.”

Dr. Ajay Patel, MD | Clanton Internal Medicine

I didn't feel stupid, when I didn't know something or had a question to ask. I didn't feel rushed. Even when I messed up I didn't feel criticized.

Pack Health Patient | Type 2 Diabetes

A patient texted me this morning. Her HbA1c dropped from 11.8 to 9.8 in four weeks! She said, “All of this really helped, thank you so much.”

Michael McMorris | Pack Health Health Advisor

You were always available, and I appreciated the emails you sent to make it easier. Diabetes is not easy, and I know I am the only one that can work to make it better for me. I do try, but I can get off track like most. I have to keep looking at the big picture. I would like to be around for a long time, so that is my goal!

Pack Health Patient | Type 2 Diabetes

CANCER

“Pack Health is very helpful because it addresses certain things that individuals don’t always talk about with their physician. Pack Health comes in and says, ‘Here are things that will help you as a cancer patient or a survivor.’ I think that’s incredibly important.”

Liz Evans, RN | Executive Director of Oncology Nursing Society

My patient from the UAB Cancer Center has just graduated. Her pain score went down from a 7 to a 0 and her fatigue went from a 10 to a 6. She started out not doing any exercise and is now walking 3+ days a week and using the stretch band. She said the program was very helpful, it got her out of the house to go walking, and she can tell a big difference in the way she feels.

Barbara Schuler | Pack Health Health Advisor

I enjoyed the program for the motivation and the monitoring of myself. The things that you don't normally pay as much attention to, when you have to write it down, it makes you more aware.

Colleen Armstrong | Pack Health Patient fighting Cancer

With Pack Health, I wear my pedometer all day and my current personal goal is a minimum of 2,000 steps. They monitor your activities, encourage exercise and encourage getting together with friends and family -- they check on me several times a week and hold me accountable to anything I say I am going to do.

Pack Health Patient | Cancer

— RHEUMATOID ARTHRITIS —

“When I was first diagnosed, I was looking online. Everything online says the same thing. It’s dry and clinical, but having these conversations with Pack Health has really helped me.”

Pack Health Patient | Rheumatoid Arthritis

During our “Understanding Cost” call my patient and I discussed her medication co-pays. Her Humira co-pay was \$50. We discussed manufacture coupons and how calling the manufacture can save on brand names drugs. The patient made the call and is now paying \$5 for her Humira.

Camilla Green | Pack Health Health Advisor

Thank you so much for thinking of the little things, the Pack is great.

Pack Health Patient | Rheumatoid Arthritis

Thank you for your emails. I enjoy hearing from you all the time. It is uplifting, informational and inspirational. keep them coming!

Pack Health Patient | Rheumatoid Arthritis

Ms. V, who has had RA for 10 years just graduated. She went from 4 flares a week, 16 a month to 1 flare a week, 4-5 a month. Her average joint pain decreased from a 9 to a 4.

Barbara Schuler | Pack Health Health Advisor

ASTHMA

“The program was very helpful. I love it. I use the peak flow meter and have seen an improvement in my numbers. Per week, I was having about 4 to 5 asthma attacks a week. Now, it’s down to 2 to 3.”

Pack Health Patient | Asthma

PATIENT STORY:

He recently enrolled in Pack Health's asthma program. At the beginning of the program, Mr. T.L. said that he didn't exercise because he experienced shortness of breath. In less than two months working with a health advisor, Mr. T.L. doubled his walking, going from an average of 4,000 steps a day to more than 7,000 steps a day. He was able to achieve these results by setting small, attainable goals each day and eventually building up to larger goals. In addition, he reached his own goal of getting back to working out at the gym.

Before the program, Mr. T.L. was unfamiliar with a peak flow meter and had never used one. Now, he uses his peak flow meter regularly. He has also learned how to prepare the healthy plate and is working on cutting back on portions to improve his overall health. Prior to starting Pack Health, Mr. T.L. was inconsistent in taking his medications. After working with his health advisor he is now more consistent, recognizing, "I don't run down like I did before I was on the program with you all."

PSORIASIS

We launched our first pilot program for psoriasis at the end of July, and hit our target of 50 enrollments in less than 24 hours!

These enthusiastic enrollees are already voicing their appreciation for our services, and we look forward to expanding the pack program for psoriasis based on their results!

My health advisor was wonderful. She even texted me this morning asking if I had questions and to have a good day. The information is helpful and having somewhere to care about what you are going through is even more encouraging.

Ms. Eley | Pack Health patient fighting psoriasis

Good information to get our health on track. I'm finally feeling good enough to work out again and this was the motivation I needed to jump start things

Ms. Riffel | Pack Health patient fighting psoriasis



Pack Health is an independent, patient engagement company with the goal of helping clinicians and healthcare organizations efficiently and effectively help patients to become better managers of their health outside the clinic. We have programs in Type 2 Diabetes, Hepatitis C, Cancer Pain & Fatigue, Rheumatoid Arthritis, Asthma, Psoriasis, and COPD.

CONNECT WITH US!



Facebook / PackHealth



Instagram / @PackHealth



Twitter / @Pack_Health



Youtube / packhealth

PACK HEALTH[®]

3613 6th Ave | Birmingham, AL | 35222 | 855.255.2362 | info@packhealth.com