

OUR MISSION

MyHealthMath (MHM) is an insurtech firm based out of Portland, Maine providing health benefits decision support to people across the nation. Leveraging the power of sophisticated mathematical modeling and personalized live engagement, MHM helps employees choose their optimal health plan and employers provide the best plan options.

POWERFUL FOUR-PHASED APPROACH

1

Personalized data collection: Through one-to-one and online interviews, our skilled, personable analysts collect all the data needed to determine the most optimal plan for each employee

2

Unparalleled education and support: Employees receive personalized reports of comparative savings for each plan option and ongoing support from analysts and virtual benefits fairs

3

Evaluation and impact: MHM's in-depth post-open enrollment retrospective measures and analyzes the results of engagement, informing future strategic adjustments

4

Strategic planning: Our interactive simulation tool helps employers model different health plan options for the next year, so they can maximize both coverage and savings

Proof of Impact: School District Engages MyHealthMath and Increases Savings and Satisfaction for Employees

THE NEED

A school district in Tucson, Arizona wanted to offer health benefits decision support to employees working across its 20 different schools. The school district sought to eliminate health plan decision inertia—a challenge given that open enrollment took place during one of the busiest times of the academic calendar.

THE SOLUTION

MHM provided health benefits decision support through personalized phone calls and comparative savings reports to 430 employees (41 percent of enrolled employees).

THE BENEFITS

The MHM retrospective analysis showed that employees who engaged with MHM made markedly different plan choices that resulted in significant savings:

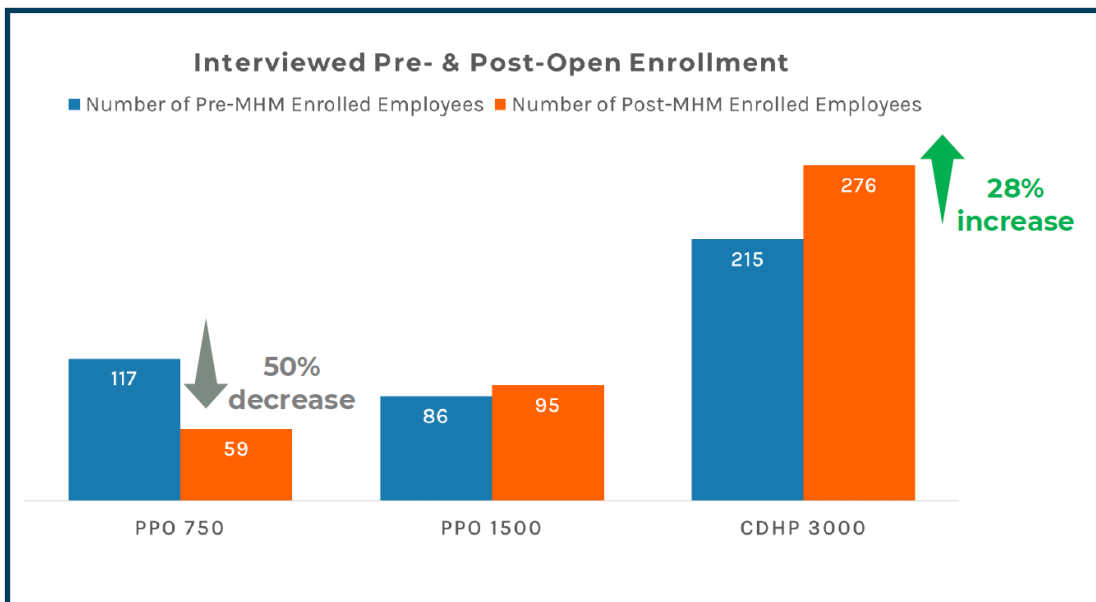
- 87% migrated into a plan that MHM indicated as their first or second most optimal.
- Engaged employees saved an average \$2,320 in total costs.
- Engaged employees selected Consumer Driven Health Plans (CDHP) over twice (2.3x) as frequently as non-engaged employees.

Explore how our solutions lead to better health benefit decisions that reduce total costs.

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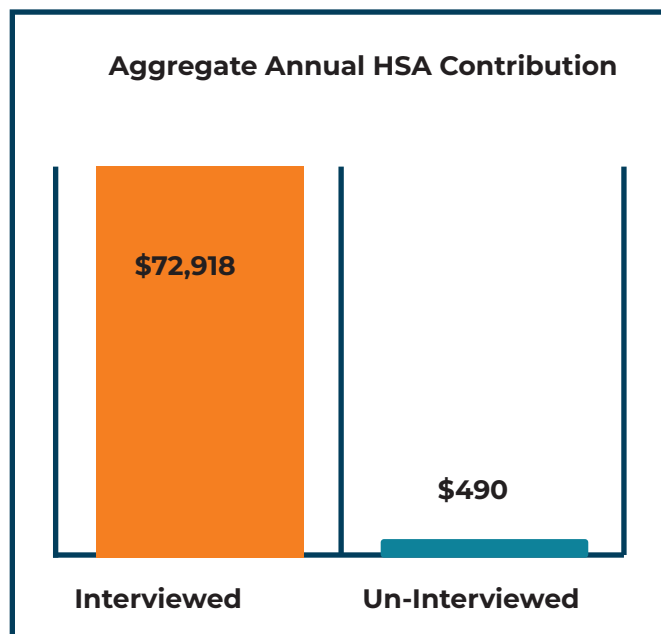
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- Engaged employees increased their average HSA contributions by 111%.
- Employees who changed plans added on average \$70,000 of their own dollars to their HSA, compared to \$500 in those who did not talk to MHM and changed plans.

Employees previously enrolled in the CDHP who engaged with MHM significantly increased contributions to their HSA:

- The average HSA contribution increased 67% to \$1,240 for the engaged population, compared to \$720 for non-engaged employees.
- 62% of those who made zero contributions to their HSA in 2018 started making contributions if they engaged with MHM. Their annual average contributions were almost three times the average contribution of non-engaged employees who started contributing in 2019.
- Of CDHP participants already contributing to HSAs, engaged employees increased their contribution 2.5 times more than the non-engaged employees.



NEXT STEPS

In a follow-up survey, **95% of respondents reported satisfaction with the MHM process**. Given the success of the MHM engagement—in terms of savings and employee satisfaction—the school district partnered with MHM for their 2020 open enrollment season. MHM worked with the district to leverage lessons learned from 2019 to provide even greater value to district employees in 2020.

MyHealthMath's personalized decision support technology saves employees and employers money and increases employee satisfaction.

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