

Digestive Health with Ayble Health™



Digestive diseases impact up to 70 million Americans, which is twice the number affected by diabetes.¹

Individuals often struggle to find a provider; experience long wait times and are more likely to visit the ER for care. GI conditions are major cost driver for employers and impact employee productivity and mental health. The cost of employees who are frequently sick or absent can be significant for employers, as gastrointestinal patients can incur up to seven times more expenses compared to healthy adults.²

We're committed to transforming the healthcare landscape by providing innovative solutions that address these challenges head-on, ensuring timely access to quality and whole-person care for members. That's why we're partnering with Ayble Health, a best-in-class virtual gastroenterology (GI) clinic, to offer comprehensive care and support for individuals who suffer from digestive health issues. This solution is included as a standard benefit for all Commercial Group and My**Priority** HMO members.



"After years of frustrating gut symptoms and so much trial and error, it's not an overstatement to say Ayble changed my life."

– Chris M., Ayble Health member

Ayble helps members find symptom relief, returning 25-40% of productive work time to employers per published randomized and controlled trials.



With Ayble, members have access to:

- **Expert GI Care Team:** Includes GI-trained providers, dietitians, psychologists, and coaches
- **Personalized Nutrition Plans:** Tailored to individual needs to manage and relieve digestive symptoms.
- **Behavioral Health Resources:** Stress-management tools to minimize symptom flare-ups.
- **24/7 Access:** Virtual care team available anytime, anywhere.
- **Coordination with Existing Providers:** Ayble's care teams work with members' current providers to integrate care and support between visits.



How does it work?

- Members can get started by visiting **ayblehealth.com/priorityhealth**.
- Members will need to download the Ayble app which includes 24/7 access to members care team, nutrition tracker, mind-gut program and other helpful educational resources.
- For members needing in-person care, Ayble refers to members current GI provider if they have one, or coordinates with Priority Health to send them to a preferred high-quality in-network provider.

¹The Burden of Digestive Diseases in the United States - NIDDK.

²IBM MarketScan Commercial Database.

Frequently Asked Questions (FAQ)

Q: Who is Ayble and what support will they offer members?

A: Ayble is a virtual GI clinic that combines a GI-specialized care team with powerful technology tools that helps members find long-term relief and control over their digestive symptoms.

Q: Who is eligible for this program?

A: Commercial group and MyPriority HMO members, ages 18+, experiencing GI-related symptoms.

Q: Is there a cost for employers?

A: No, there is no cost to fully funded or self-funded employers. This is a standard benefit for members.

Q: Is there a cost for members?

A: Ayble requires an initial virtual visit with a GI specialist to create a personalized care plan. Standard cost-sharing applies for this and any additional virtual care visits.

Q: How quickly can members get an appointment with Ayble Health, and can they keep seeing their current gastroenterologist?

A: Ayble's care team is available for virtual visits within 24 hours, Monday through Friday from 7 a.m. – 7 p.m. members local time, and Saturdays 8 a.m. – noon members local time and their care team is available via messaging 24/7. Members can continue to see their current provider while using Ayble Health.

Q: How do members get access to Ayble?

A: Members can visit the co-branded landing page to verify eligibility and enroll. They will need to download the Ayble app to participate in the majority of the programs. The mobile app includes 24/7 access to members care team, nutrition tracker, mind-gut program and other helpful educational resources.

Q: How will Ayble providers communicate and coordinate with local in-person providers?

A: Ayble is designed to be transparent and collaborative. Patients can choose to share their Ayble data with providers by asking a member of the Ayble team to download their information into a PDF, or Ayble can securely send this information directly to providers upon patient request.

Q: What if members need to see a provider in person?

A: For any routine in-person care, the Ayble care team will refer to an in-network provider.

Q: What if members have more questions?

A: Members can contact Ayble Health at **support@ayblehealth.com** or 857-416-9299 for questions.