



Ground Breaking Data Illustrating Cost Savings & Patient Outcomes using Whole Person Care

Highlights of a three year partnership between
Corewell Health, the largest health system in Michigan and
Nudj Health, the leading whole person care, digital health company.



ENCOUNTER / COST ANALYSIS | n = 660

reduction of
encounter volume:
**behavioral
health**

▼ **73%**

reduction of
encounter volume:
obesity

▼ **68%**

reduction of
encounter volume:
diabetes

▼ **38%**

reduction of
encounter volume:
**coronary
heart disease**

▼ **51%**

reduction of
encounter volume:
hypertension

▼ **38%**

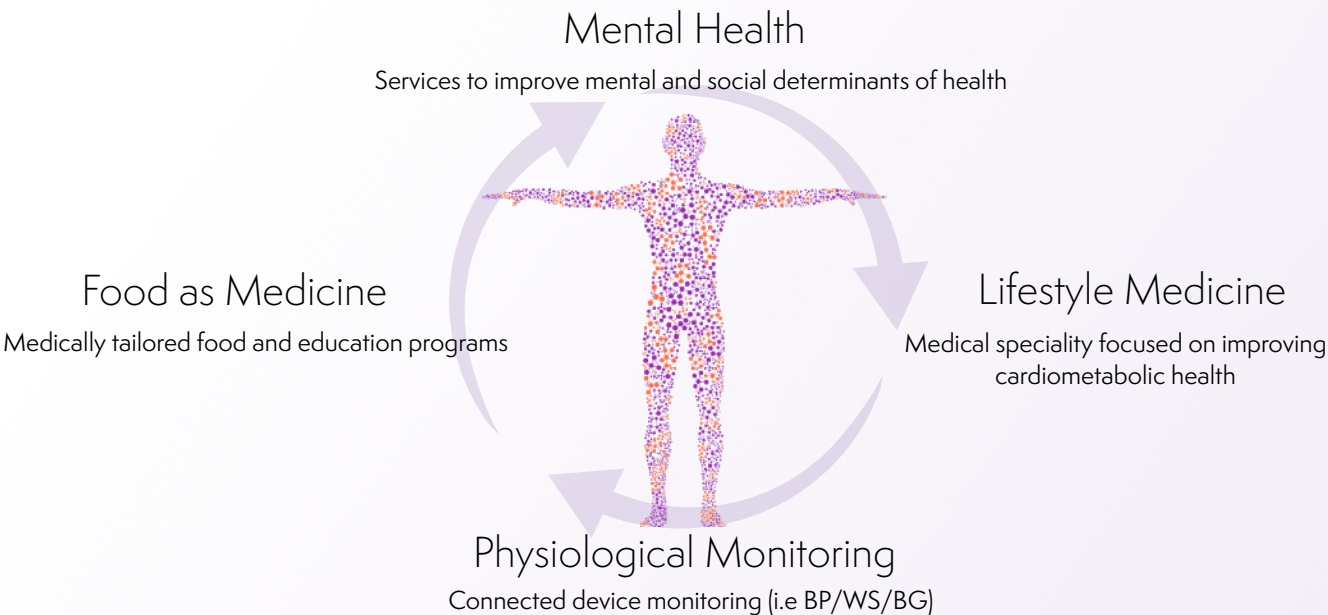
for the health
system in one year:
**direct
cost savings**

\$3000

direct cost difference based on
12 months pre and post program

These reductions were consistently achieved across a diverse payer mix—Commercial (42%), Medicare (40%), and Medicaid (18%)—demonstrating that whole-person, lifestyle-focused care delivers meaningful impact regardless of coverage type.

Nudj Health - Complete Whole Person Care



Proven Outcomes & Patient Satisfaction



PATIENT OUTCOMES		
DEPRESSION SCORE (PHQ-9)	44% ↓	n=3250
ANXIETY SCORE (GAD-7)	39% ↓	
NUTRITIONAL RISK (STC)	20% ↓	n=1292
WEIGHT LOSS	6% ↓	n=680
TOTAL CHOLESTEROL	7% ↓	n=357
HDL	1% ↑	

LDL	12% ↓	n=357
TRIGLYCERIDES	9% ↓	
HBA1C	4% ↓	
EXERCISE (MIN/DAY)	46% ↑	n=489
EXERCISE (DAYS/WEEK)	21% ↑	
SIT-TO-STAND (30S)	18% ↑	
SIT-TO-STAND (5X)	15% ↓	

Source: Nudj Health, Inc. – data processed by Nudj Analytics, 2025 May 16, Nudj Corewell Outcomes

Average overall patient satisfaction

4.8 ★★★★★
(based on rating scale 0-5)

When surveyed, patients that completed a lifestyle pathway reported high satisfaction in multiple areas including educational content, relationship with care team, and program structure.

