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Monj Health is Bringing a First-of-Its-Kind Joyful Approach to Digital Therapeutic Solutions Through its Collaboration with Solera Health and Blue Shield of California

Monj Health, an innovative digital therapeutics company today announced that it's successfully tackling weight management and diabetes management/reversal with its MonjWell program offered to Blue Shield of California members through its collaboration with Solera Health, an integrated benefit network.

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Happy First, then Healthy. Traditional weight-management and disease-prevention solutions focus on obesity and obesity-related diseases to get people healthy with a do-this-don't-do-that approach that promises happiness once health is achieved. The Monj Health digital therapeutics approach is different. Our health coaches begin by addressing the underlying causes of unhappiness and lifestyle imbalance, such as anxiety, stress, depression, and social isolation. We then empower participants on a journey of joyful self discovery, greater intimacy and connection to those around you, and an exciting food life.

MonjWell believes in finding those things that bring joy to your life. Whether it's playing with your kids, cooking and sharing a meal with family, hiking along a trail, or playing fetch with your dog. Little by little, with small steps, members feel stronger, more confident and become resilient to tackle the physical and mental challenges required for lasting lifestyle and behavior change.

"With MonjWell, we want to prevent and reverse the effects of lifestyle diseases by helping people bring more of what makes them happy into their lives and build stronger relationships, healthier behaviors and a more authentic connection to themselves and the world around them," said Adam DeVito, CEO, Monj Health. "Together with Blue Shield California, we are offering a dynamic solution for their population that guides people to prevent, manage and even reverse lifestyle diseases. We're providing an inspirational program that's highly personalized, drives engagement, delivers lasting results and helps individuals discover lasting happiness and health."

MonjWell is available to Blue Shield of California members through the Wellvolution platform and harness the proven science of Self-Determination Theory (SDT), Cognitive Behavior Therapy (CBT) and BJ Fogg's Tiny Habits method to unlock the key to lasting results. Chef-designed and nutritionist-approved food plans, skill-building activities, live and on-demand workout classes and dedicated health coaches are just a few reasons clients lose an average of 24 pounds in the first 12 weeks of our program and keep it off after 1 year.

"We are pleased to have MonjWell as part of this revolutionary platform designed to drive sustained engagement and outcomes by matching members to the program that best meets their needs," said Brenda Schmidt, CEO, Solera Health.

Wellvolution, powered by Solera, connects patients, payers and physicians with the nation's largest network of community organizations and digital therapeutics providers, consolidating highly fragmented programs and services into a user-friendly, single marketplace. Its technology matches patients to the "best fit" community or digital chronic disease prevention program based on everyone's unique needs and preferences, to improve patient outcomes at a fraction of the cost of traditional medical care.

About Blue Shield of California

Blue Shield of California strives to create a health care system worthy of its family and friends that is sustainably affordable. It is a not-for-profit, independent member of the Blue Cross Blue Shield Association with 4 million members, 6,800 employees and more than \$20 billion in annual revenue. Founded in 1939 and headquartered in San Francisco, Blue Shield of California and its affiliates provide health, dental, vision, Medicaid and Medicare health care service plans in California. The company has contributed more than \$500 million to Blue Shield of California Foundation since 2002 to have an impact on California communities.

For more news about Blue Shield of California, please visit news.blueshieldca.com. Or follow us on LinkedIn, Twitter, or Facebook

About Solera Health

Solera Health is committed to changing lives by guiding people to better health in their communities. The company serves as an integrated benefit network that connects patients, payers and physicians with community organizations and digital therapeutics providers, simply and securely. Solera helps consolidate highly fragmented programs and services into a single marketplace allowing health plans and medical providers to increase consumer participation while lowering associated costs. By using data science to proactively identify the "best fit" program provider based on each individual's unique health goals, needs and preferences, the company has proven to have a significant impact on improved patient outcomes at a fraction of the cost of traditional medical care. For more information, visit Solera Health at <http://www.soleranetwork.com>.

About Monj Health

Monj Health is a digital therapeutics company that addresses the major causes of chronic disease in the U.S. -- anxiety, stress, depression, social isolation and more, that lead to unhappiness. We provide a spectrum of programs to address and reverse T2 Diabetes and Obesity, with a focus on nutritional health, that enable a journey of joyful self discovery and deeper connection to those around you, while closing gaps in care and improving outcomes. Visit Monj Health at <http://www.monj.com> or email us press@monj.com and connect with us on <https://www.linkedin.com/company/monj>
