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Clinical Research Institute



The Kaizo Clinical Research Institute is a non-profit foundation that exists to provide the best evidence and the top treatments for our patients. We stay at the top of our field by consistently vetting our methods and partnerships through non-biased assessment of therapeutic tools.

Internally, we collect and analyze data through our medical health records to identify which treatment interventions lead to the best outcomes. Externally, we partner with product companies to run and manage their studies, testing patient outcomes and providing marketable recommendations.

Each year, hundreds of patients participate in our clinical trials which allows us to provide the latest evidence-based care.

Our patient and community network across five clinics allows for the most authentic conditions possible to provide a real clinical population of subjects.

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Your Business Adjustment Summit - May 6th, Washington D.C

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Determine and track utilization metrics and empower the profession with reliable data, which supports decisions and messaging moving forward.



Dr. Jay Greenstein Chair

Dr. Jay Greenstein is founder and CEO of Kaizenovate, a technology company that helps doctors improve care, differentiate, and grow their revenue and their brand.

Chiropractic Future Strategic Plan Interview with ChiroTe...

Q Watch later Share

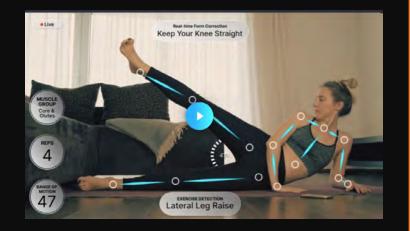
Watch on 🕑 YouTube

Interview with ChiroTech Consortium workgroup Chair Jay Greenstein

The Sports Chiropractor:

Three Secrets to Unlocking New Models and Business Opportunities INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC

Jay Greenstein, DC CEO, Kaizenovate CEO, Kaizo Health Group



Our Journey Together

• Opening Our Minds

• Many Things AI

•The Digital Healthcare Experience

Technology > Unlocks Opportunity

Tech Can Exponentially Improve The Human Condition

Who's Ready for Some Secrets?

Secret #1

...Don't Be Like Larry

Who Is Larry?



What Is Wrong with Larry?

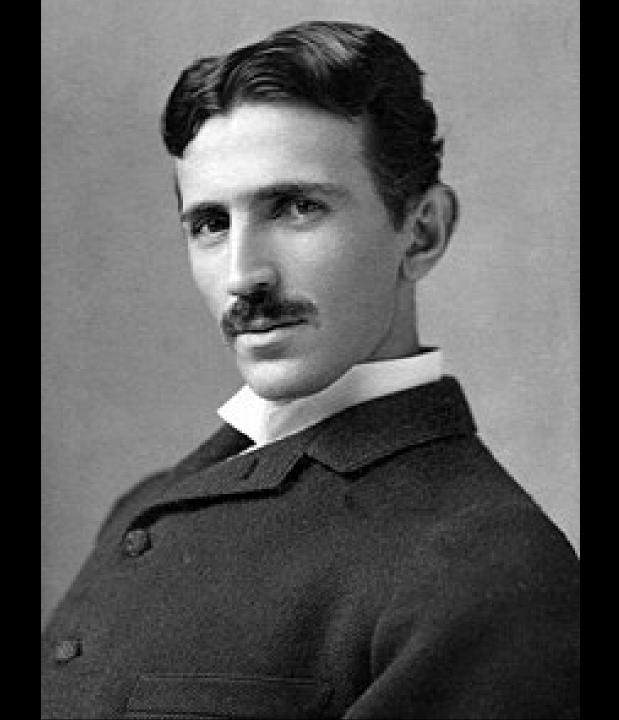
Fundamentally...

Larry Is Not...

Embracing New Technology

Larry Is Missing Opportunities...

...Don't Be Like Larry

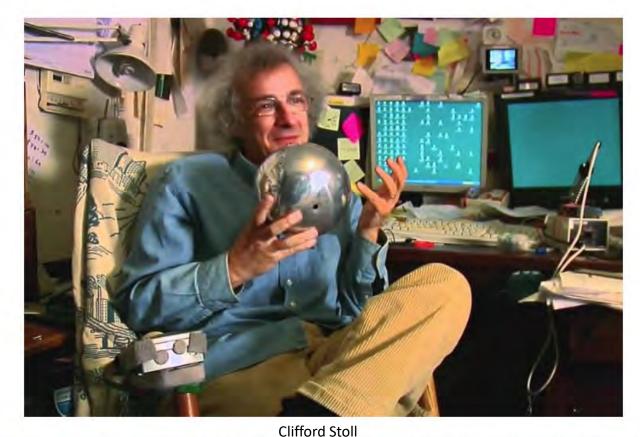


Check out this Newsweek article from 23 years ago predicting the Internet would be a passing fad



By **James Lu** - on 26 Feb 2018, 2:34pm





23 year ago today, Newsweek published an article explaining why they thought Internet would just be a passing fad.

"It's not the intelligence or physical strength of a species that predicted its survival...

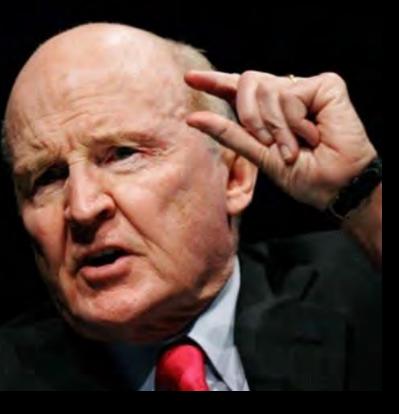
...Instead, it was those species that best adapted to changes in their immediate surroundings that ultimately survived...

...In contrast, those that failed to adapt, fizzled into...

...extinction.

Critical Consequences of Not Keeping Up with Technological Advancements

Loss of Competitive Advantage



"If you don't have a competitive advantage, don't compete."

> JACK WELCH legendary CEO

Decreased Productivity and Efficiency



Reduced Customer Loyalty

...Embrace Technology to Unlock Opportunities

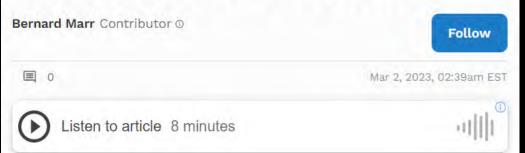
Secret #2

Those That Learn, Play, and Implement AI...

Win

Forbes

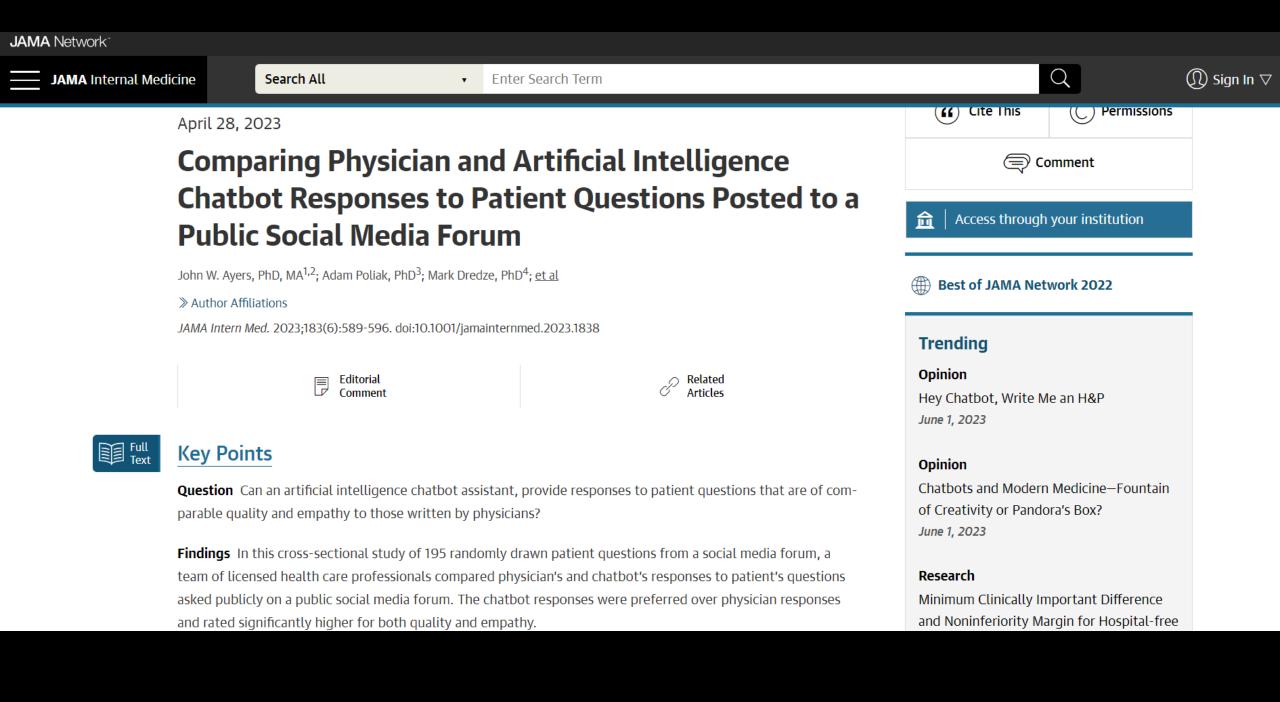
Revolutionizing Healthcare: The Top 14 Uses Of ChatGPT In Medicine And Wellness



Over the past few years, artificial intelligence (AI) has made significant advancements in the healthcare industry. One of the most prominent AI-powered tools is ChatGPT, a natural language processing model developed by OpenAI.

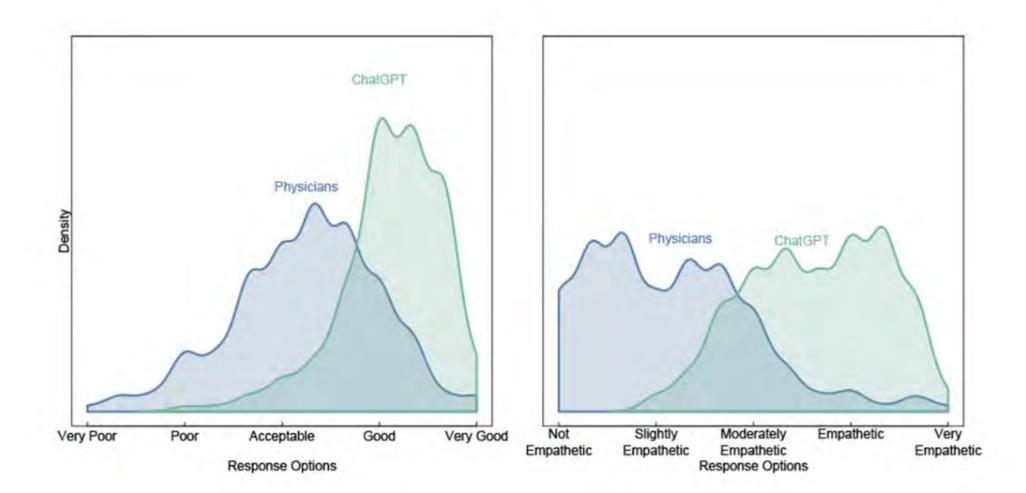


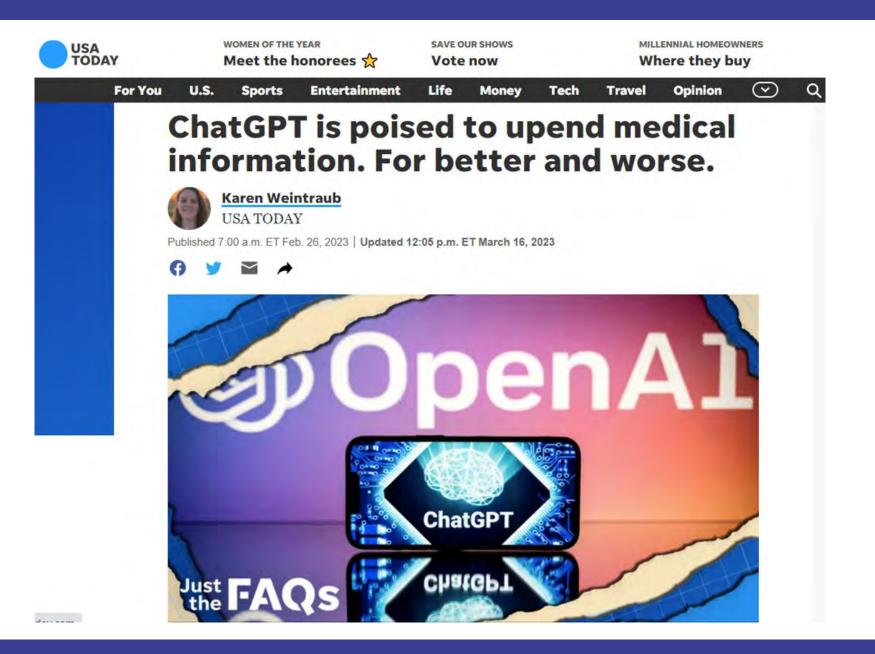
1. Virtual assistants for telemedicine 2. Clinical decision support 3. Medical recordkeeping 4. Medical translation 5. Medication management 6. Disease surveillance 7. Medical writing and documentation 8. Clinical trial recruitment 9. Creating symptom checkers 10. Patient triage 11. Drug information 12. Medical education 13. Mental health support 14. Remote patient monitoring



Study Finds ChatGPT Outperforms Physicians in High-Quality, Empathetic Answers to Patient Questions

While AI won't replace your doctor, the JAMA Internal Medicine paper suggests physicians working together with technologies like ChatGPT may revolutionize medicine





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> Ann Biomed Eng. 2023 Mar 15. doi: 10.1007/s10439-023-03172-7. Online ahead of print.

Role of Chat GPT in Public Health

Som S Biswas¹

Affiliations + expand PMID: 36920578 DOI: 10.1007/s10439-023-03172-7

Abstract

ChatGPT, a language model developed by OpenAI, has the potential to play a role in public health. With its ability to generate human-like text based on large amounts of data, ChatGPT has the potential to support individuals and communities in making informed decisions about their health (Panch et al. Lancet Digit Health 1:e13-e14, 2019; Baclic et al. Canada Commun Dis Rep 46.6:161, 2020). However, as with any technology, there are limitations and challenges to consider when using ChatGPT in public health. In this overview, we will examine the potential uses of ChatGPT in public health, as well as the advantages and disadvantages of its use.





PAGE NAVIGATION

Pick the best answer to improve the model

The conversation will continue with the answer you choose.

according to the lancet journal's low back pain series, what are the recommended treatments for low back pain

New Answer

Original Answer

The Lancet's Low Back Pain Series, published in 2018, offered several key recommendations for the treatment of low back pain.

The series emphasized that the majority of low back pain is non-specific, meaning it has no identifiable pathoanatomical cause. For non-specific low back pain, the recommended treatments are:

- Education and reassurance: Informing patients about the benign nature of acute low back pain can help to reduce fears and anxieties. This is typically the first line of treatment.
- Non-pharmaceutical therapies: Exercise (including physical activity in general), as well as multidisciplinary rehabilitation, are recommended. Manual therapies such as spinal manipulation can also be beneficial.
- 3. Pharmaceutical therapies: These are to be considered if non-pharmaceutical therapies do not provide adequate relief. However, they are not the first line of treatment. Non-steroidal anti-inflammatory drugs (NSAIDs) can be used, but only for short-term relief. The series warned against the use of opioids

The Lancet Journal's Low Back Pain Series, published in 2018, presented a comprehensive overview of the current understanding of low back pain, the efficacy of current treatments, and outlined recommendations for the management of low back pain.

The key recommendations for the treatment of low back pain from the Lancet series include:

- Education: Reassurance about the benign nature of low back pain and advising patients to stay active and continue with their normal activities as much as possible.
- Physical and Psychological Therapies: Exercise is recommended as the first-line treatment. Cognitive behavioral therapy can also be beneficial, particularly for those with chronic low back pain.
- 3. Pharmacological Treatments: The use of medications should be limited. If necessary, first-line medications can include nonsteroidal anti-inflammatory drugs (NSAIDs). Opioids are discouraged due to their potential risks and generally poor efficacy for low back pain.

Avoidance of Invasive Procedures: Surgery

Today

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Previous 7 Days

+ New chat

- Jefferson's Tech Hesitation
- ALT & ALP in Dogs
- Previous 30 Days
- Chirographic: Dr. Greenstein F
- RTM & AI Transformation
- Dog Hind Leg Issues
- Grouping and Categorizing Fe
- Al fears and concerns.
- Leadership Revolution
- Condense to One per Line
- D Building \$100M ChiroTech Co
- Greenstein's Q Score: Unknow

drjay@kaizo-health.com

I apologize for any confusion and appreciate your patience. Here is the corrected response:

According to The Lancet's Low Back Pain Series, published in 2018, the majority of low back pain is non-specific, meaning it has no identifiable pathoanatomical cause. For non-specific low back pain, the recommended treatments are:

- Education and reassurance: Informing patients about the benign nature of acute low back pain can help to reduce fears and anxieties. This is typically the first line of treatment.
- 2. Non-pharmaceutical therapies: Greater emphasis is now placed on self-management, physical and psychological therapies, and some forms of complementary medicine. Guidelines encourage active treatments that address psychosocial factors and focus on improvement in function. This includes exercise and a range of non-pharmacological therapies alone and in combination such as spinal manipulation, massage, acupuncture, Tai Chi, and yoga.
- 3. Pharmaceutical therapies: Non-pharmacological care is the first treatment option and pharmacological care is reserved for patients for whom non-pharmacological care has not worked. Non-steroidal anti-inflammatory drugs (NSAIDs) can be used, but only for short-term relief. The series warned against the use of opioids due to their potential for harm and addiction.
- 4. Surgery and invasive procedures: These are generally not recommended for non-specific low back pain. They should be considered as a last resort and only for specific cases where a clearly identifiable Stop generating 'niated disc causing nerve compression) can be surgically addressed.

Send a message

ChatGPT may produce inaccurate information about people, places, or facts. ChatGPT May 24 Version



Simple AI Use Cases



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MOTIVATIONAL INTERVIEWING FOR THE CHIROPRACTIC PRACTICE ©

Dr. Jay Greenstein

Part 1: Introduction to Motivational Interviewing in Healthcare

Overview of motivational interviewing in healthcare and its benefits for patients

Motivational interviewing (MI) is a patient-centered approach to communication that is used in healthcare to promote behavior change. It is a collaborative conversation that helps patients explore their own motivations and values, and supports them in making decisions that are consistent with their goals.

Benefits for Patients:

N

- Improved patient-provider communication and relationship building
- Increased patient engagement and participation in their own care
- Improved patient satisfaction with their care experience

O

- Increased likelihood of behavior change and positive health outcomes
- Greater adherence to treatment plans and improved self-management skills

MI has been shown to be effective in a variety of healthcare settings, including primary care, addiction treatment, and chronic disease management. It is particularly useful for addressing behaviors that are difficult to change, such as smoking, substance abuse, and poor diet and exercise habits.

In addition to improving patient outcomes, MI can also benefit healthcare providers by reducing burnout and improving job satisfaction. It allows providers to focus on patient-centered care and encourages a collaborative approach to treatment planning.

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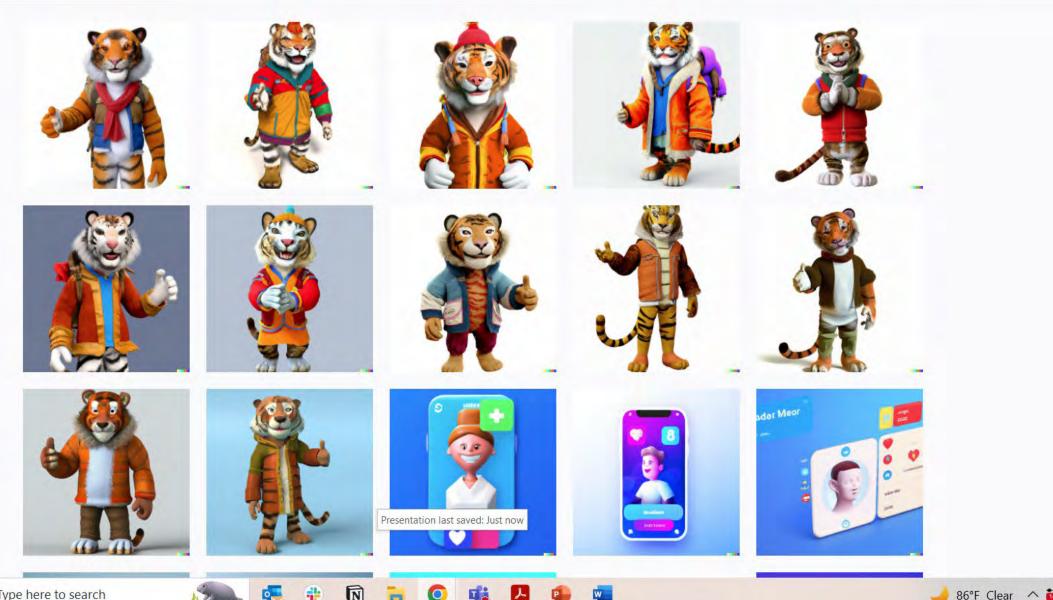
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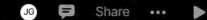
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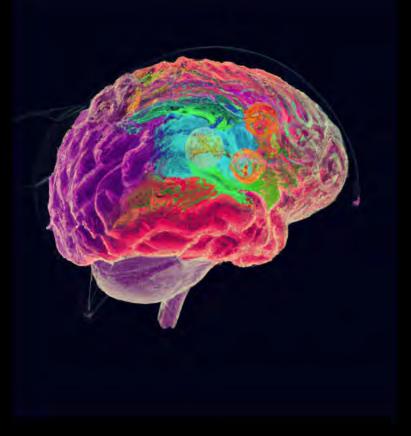


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The Power of Tiny Habits: A 10-Slide Journey Through BJ Fogg's Model of Behavior Change



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Drive Revenue Through Divers

Chiropractor Revenue Boost

□ Tigers: Solitary Hunters.

- Ecovia: Sustainability Initiatives
- Al Tool for Zoom: Speed Up
- Transcribing video service.
- Phone Warranty Claim.
- ChatCDT for Usor Quaries

NEW

Clear conversations

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Create a blog post on the latest scientific evidence around sexual addiction

\$

Sexual addiction, also known as hypersexuality or compulsive sexual behavior, is a controversial topic in the field of mental health. While it is not yet officially recognized as a diagnosis by the DSM-5, many experts believe that it is a real condition that can have serious consequences for those who suffer from it. In this blog post, we will explore the latest scientific evidence around sexual addiction.

0.5

What is Sexual Addiction?

Sexual addiction is a term used to describe a condition in which individuals engage in excessive and compulsive sexual behavior that is difficult to control. People who suffer from sexual addiction often feel ashamed and guilty about their behavior, which can lead to social and emotional problems. Symptoms of sexual addiction can include:

- * Excessive masturbation
- * Compulsive pornography use
- * Multiple affairs or infidelities
- Prostitution or sex work
- * Risky sexual behavior, such as unprotected sex or anonymous sex
- * Obsessive sexual fantasies or thoughts
- * Compulsive sexual behavior that G Regenerate response

Send a message ...

ChatGPT Mar 23 Version. Free Research Preview, ChatGPT may produce inaccurate information about people, places, or facts





AI Categorizations:

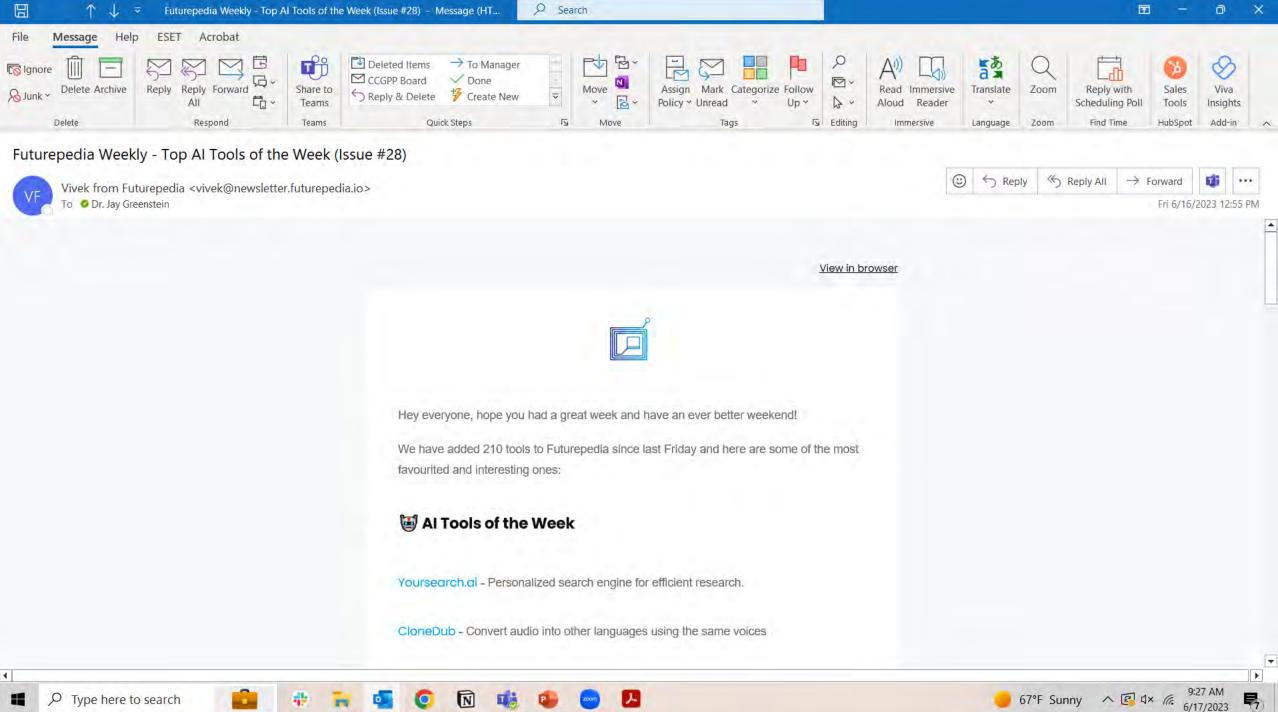
There are several ways to categorize AI systems, but a common classification is based on their capabilities and the techniques used to build them. Here are some types of AI:

- Narrow AI (also known as Weak AI): These AI systems are designed to perform specific tasks, such as facial recognition, language translation, or playing a particular game. They typically excel in their designated tasks but lack the ability to generalize beyond them. Examples include Apple's Siri, Amazon's Alexa, and Google's search algorithms.
- General AI (also known as Strong AI or AGI): As mentioned in the previous answer, Artificial General Intelligence refers to AI systems capable of understanding, learning, and applying knowledge across a wide range of tasks at a level comparable to human intelligence. As of September 2021, AGI has not been achieved.

AI systems can also be classified based on the techniques and approaches used in their development:

- Symbolic AI (also known as Good Old-Fashioned AI or GOFAI): This approach is based on manipulating symbols and using rules to represent knowledge and perform logical reasoning. Early AI systems, like expert systems and rule-based systems, largely relied on this approach.
- Connectionist AI (also known as Neural Networks): Inspired by the structure and functioning of biological neural networks, these AI systems use artificial neurons and layers of interconnected nodes to learn patterns in data. They excel at tasks such as image and speech recognition. Deep learning, a subset of neural networks, has been particularly successful in recent years.
- Evolutionary AI (also known as Genetic Algorithms): These AI systems use evolutionary
 algorithms inspired by the process of natural selection to optimize solutions to problems.
 They generate candidate solutions, evaluate their fitness, and evolve them through
 mutation, crossover, and selection.
- Hybrid AI: These AI systems combine multiple approaches to overcome the limitations of individual techniques. For example, a hybrid AI system might integrate symbolic AI with connectionist AI to enable better reasoning and learning.
- Swarm Intelligence: This approach models the collective behavior of decentralized, selforganized systems, such as ant colonies or bird flocks. Swarm intelligence can be used to optimize solutions in distributed systems or to coordinate the behavior of multiple agents.
- Reinforcement Learning: A type of machine learning where an agent learns to make decisions by interacting with an environment. The agent receives feedback in the form of rewards or penalties and uses this information to adjust its actions to maximize cumulative rewards over time.

These categories are not mutually exclusive, and many AI systems combine elements from different approaches to achieve their goals.



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Secret #3

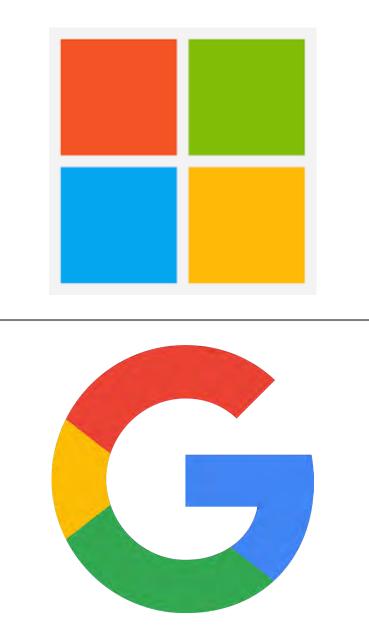
Virtual/Digital Care Is The Future of Healthcare



The Big Opportunity...

- 1. Anticipate Customer Needs
- 2. Create Remarkable Experiences
- 3. Raise the Bar For Digital Excellence





















A year in review: Best Buy Health

By Best Buy | March 3, 2023



Technology is at the center of everything we do in our daily lives, and as that continues to be true, the role of technology within healthcare is becoming more important than ever before.

Today, consumers want to receive care in their own homes, and providers are rapidly looking for ways to incorporate digital tools into healthcare delivery to improve outcomes and experiences. That is where Best Buy Health comes in.

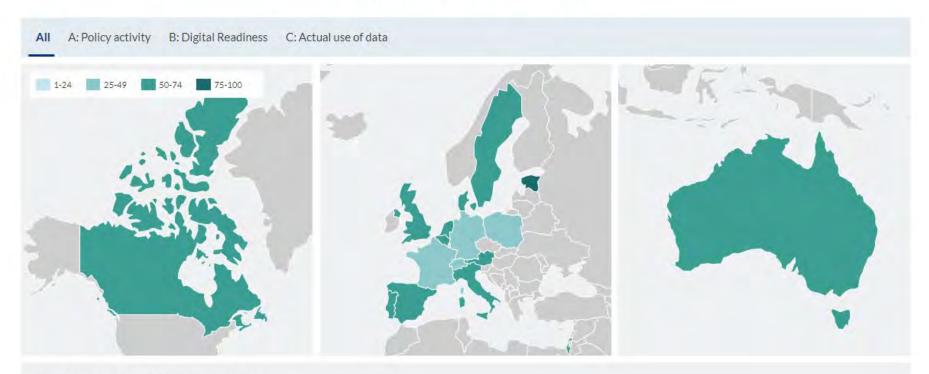
Best Buy Health enables care at home for everyone and to do that, we are focused on three key areas:

Wellness at home: offering the latest tech products to keep you and your family healthy.

Picture this, you're a parent with a sick child who shops on BestBuy.com and purchases a <u>Tytocare medical exam kit</u>. It arrives on your doorstep later that day. You use the kit to do a virtual visit with a physician who guides you through which tests to perform using the included attachments. This data is then sent directly to the physician who can use it to make a diagnosis and send a prescription to your local pharmacy.

Bertelsmann**Stiftung**

Digital Health Index



Index of all countries



Ranking

Three Virtual/Digital Solutions

Telehealth





Telehealth Demand Continues to Decline, Posing Challenges for Telehealth Providers and Policymakers

August 14, 2022

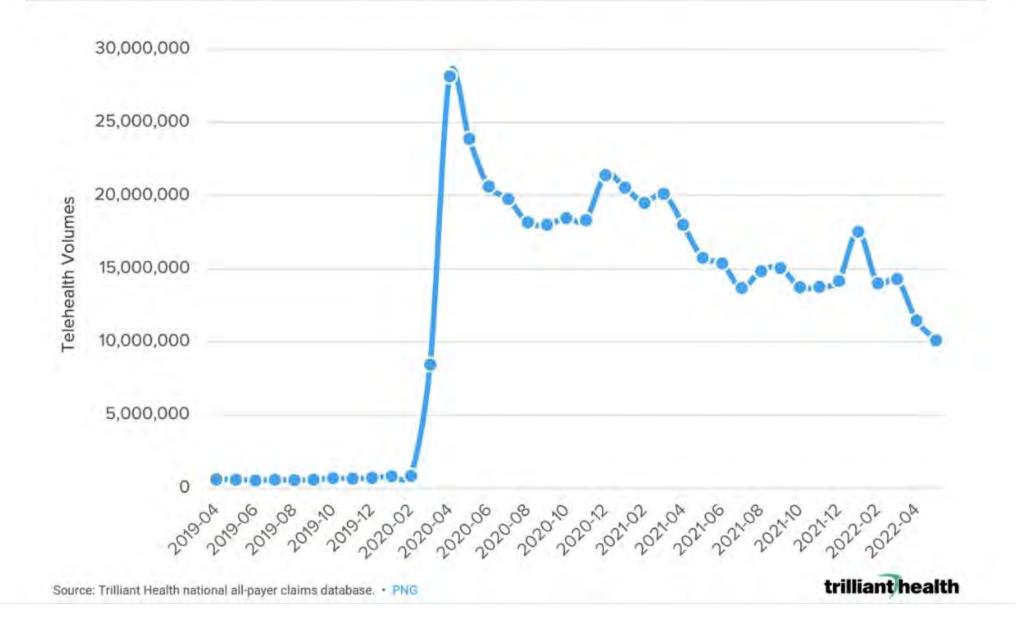
Sanjula Jain, Ph.D.

Demand Virtual Care

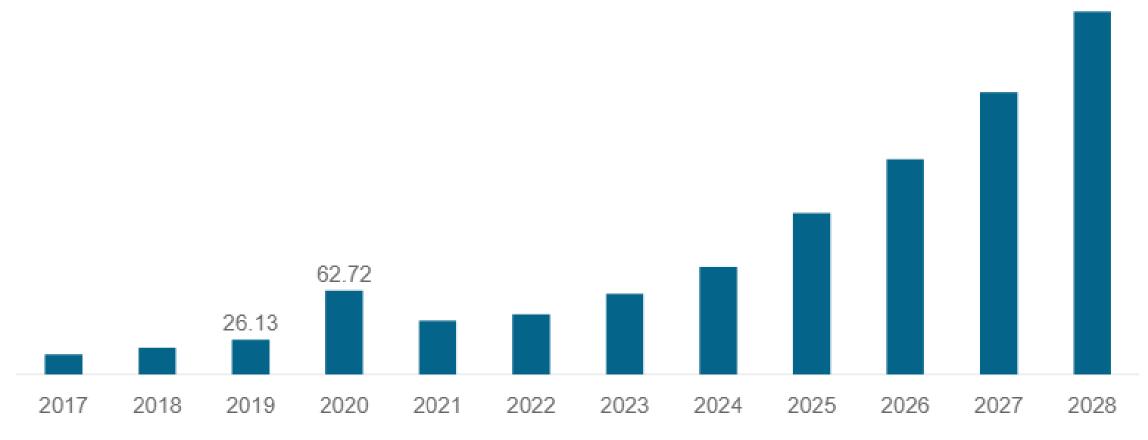
Key Takeaways

- 59.2% drop in telehealth visit volumes from April 2020 to April 2022; suggesting that expanded availability of virtual care options has not shifted widespread consumer preferences.
- Consistent with other countries' consumer preferences, almost 80% of Americans solely pursued in-person care in 2021.
- Wall Street also lacks enthusiasm about telehealth growth prospects, as evidenced by Teladoc's and Amwell's stock prices.

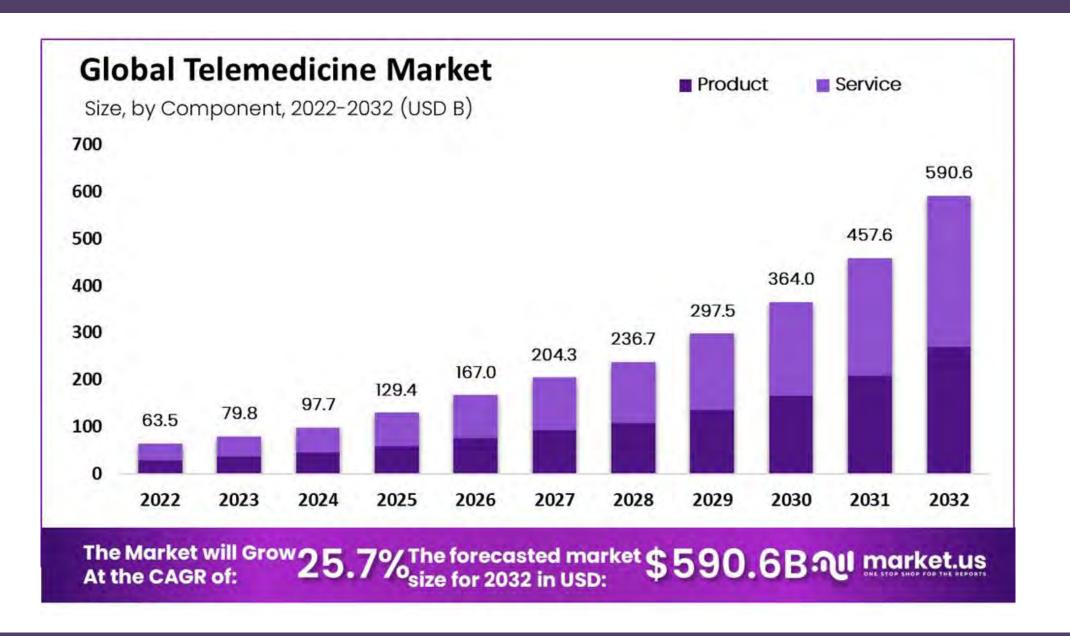
FIGURE 1. U.S. TELEHEALTH VISIT VOLUMES, APRIL 2019- MAY 2022



North America Telehealth Market Size, 2017-2028 (USD billion)



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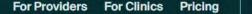
WHAT TO EXPECT

- Head-to-Toe Screen: very New Patient appointment includes a FULL neuromuscular and skeletal functional movement screen with your Doctor.
- **Range of Motion Assessment:** To pinpoint the source of your pain, we walk you through simple and effective tests to gauge your Range of Motion.
- Medical History Overview: We will assess how your past medical history and preexisting medical conditions.
- Therapeutic Exercise Prescription: Using the findings from our Screen, we will create a personalized therapeutic rehab program for you.
- Access to the Kaizo App: Join the Kaizo Tribe, earn rewards and access your rehab plan from the comfort of your home our Mobile App.

"We had 1 internal referral and 2 NP's as a result of the virtual consults offered which was cool."



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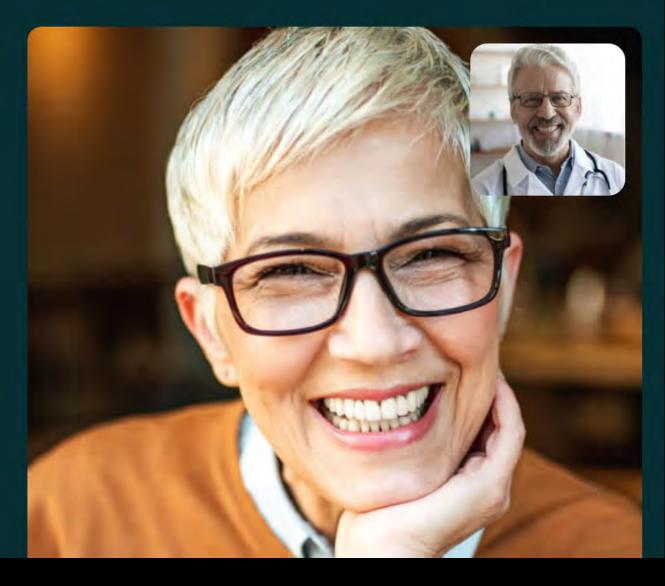
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Telehealth Coding and Documentation Guide



Remote Patient Monitoring





"Based on our systematic review and examination of high-quality studies on RPM, we found that remote patient monitoring showed early promise in improving outcomes for patients with select conditions, including obstructive pulmonary disease, Parkinson's disease, hypertension, and low back pain."

Global Remote Patient Monitoring Market 2023-2027

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About

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Getting started is easy

Tell us about yourself

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Complete a 10-minute questionnaire to open your account and tell us about your experience with pain. Once your account is approved, you can log into the app.

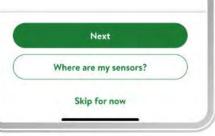
Help us build your care plan

Download the Hinge Health app and log in to your account. Then, do a few exercises so we can learn about your pain. This allows us to design the right care plan to help you do more every day, with less pain.

Start your program

And start feeling better. As your pain improves, so does your care plan-with new exercises and tools to help you move



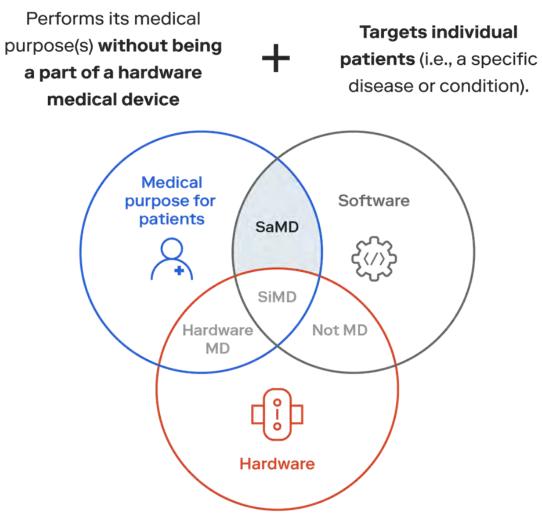




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Hinge Health is a patient-centered digital clinic for treating chronic musculoskeletal conditions. San Francisco, California, United States	Acquisitions	Total Funding Amount \$1B	News • Jan 11, 2023 Mobi Health News – Digital musculoskeletal care company Hinge Health launches in-person home care			
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J 556	Investors	Similar Companies	Image: Example 28, 2022 The Health Care Blog – Adventures in health care – Hinge Health VIEW ALL >			

Remote Therapeutic Monitoring

A software application is a SaMD if it:



- **MD** = Medical Device
- SaMD = Software as a Medical Device
- SiMD = Software in a Medical Device

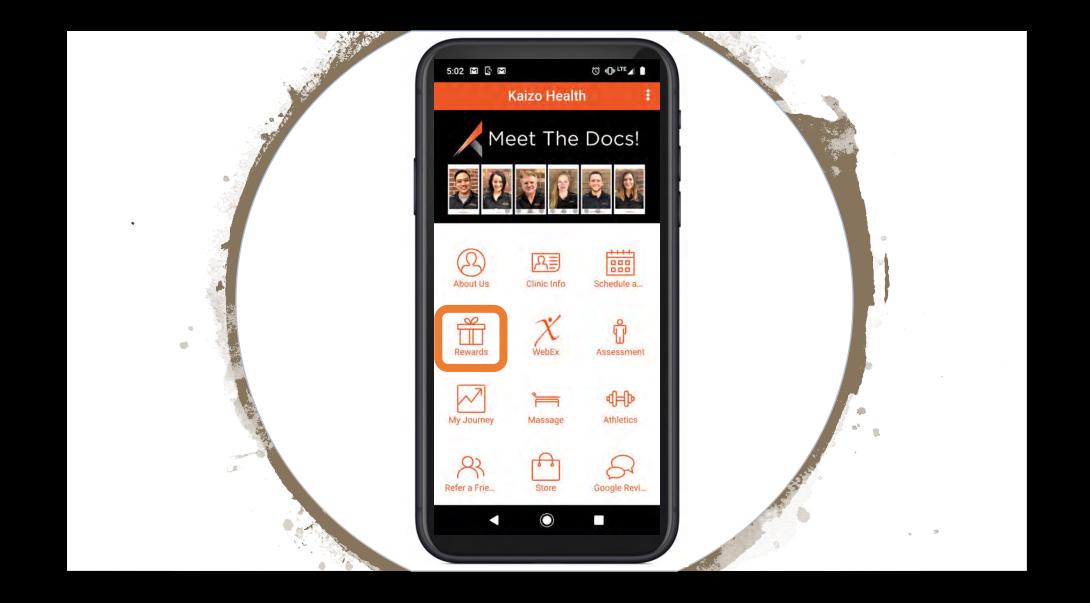


Resources -



4 Things You're Missing Out on by Not Leveraging Remote Therapeutic Monitoring

Clinicians using remote therapeutic monitoring with patients are getting ahead of the technological curve—and providing better care.





> JMIR Rehabil Assist Technol. 2021 Oct 12. doi: 10.2196/31213. Online ahead of print.

The effect of a mobile health app on adherence to physical health treatment

Jay Greenstein ¹ Robert Topp ², Jena Etnoyer-Slaski ³, Michael Staelgraeve ², John McNulty ³

Affiliations + expand PMID: 34655468 DOI: 10.2196/31213

Abstract

Background: Adhering to prescribed medical interventions predicts the efficacy of the treatment. In the physical health clinics, not adhering to prescribed therapy can take the form of not attending a scheduled clinic visit (no-show appointment) or prematurely terminating treatment against the advice of the provider (self-discharge). A variety of interventions, including mobile phone apps have been introduced with patients to increase their adherence with attending scheduled clinic visits. Limited







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> JMIR Rehabil Assist Technol. 2023 Mar 5. doi: 10.2196/43507. Online ahead of print.

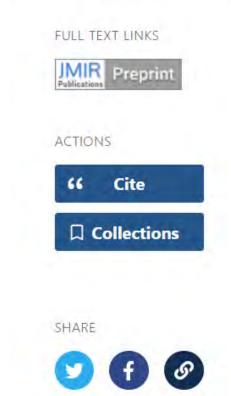
The effect of a mobile health App on treatment adherence and revenue at physical health clinics: a retrospective record review



Affiliations + expand PMID: 36889337 DOI: 10.2196/43507 Free article

Abstract

Background: A significant proportion of patients do not adhere to their prescribed course of physical





CPT code 98975:

- **Clinical Vignette:** A patient Cameron comes into your clinic for an initial evaluation following a jet ski accident.
- During that evaluation, the doctor determines that the patient has suffered a shoulder injury and creates a plan of care with the patient, including a home exercise program (HEP).
- The doctor then has the patient download and onboard onto their RTM platform app that will track their progress at home and allow them to answer surveys on outcomes and pain levels.



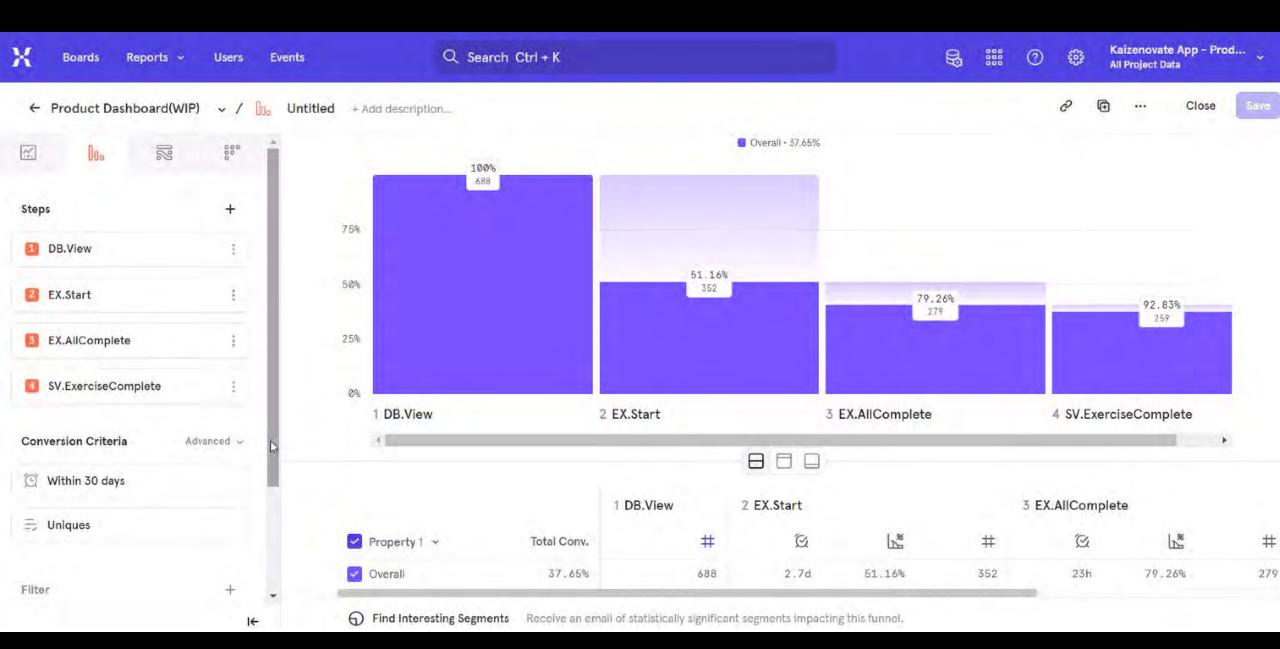


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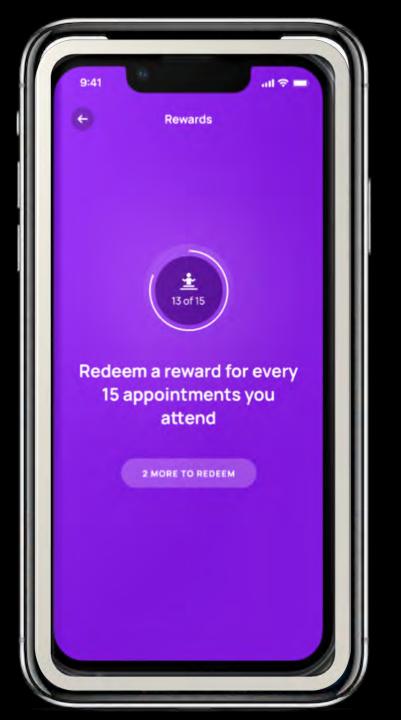
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• Clinical Vignette: Patient has access to the app and is transmitting patient reported outcomes and feedback at least 16 days in a 30-day period.

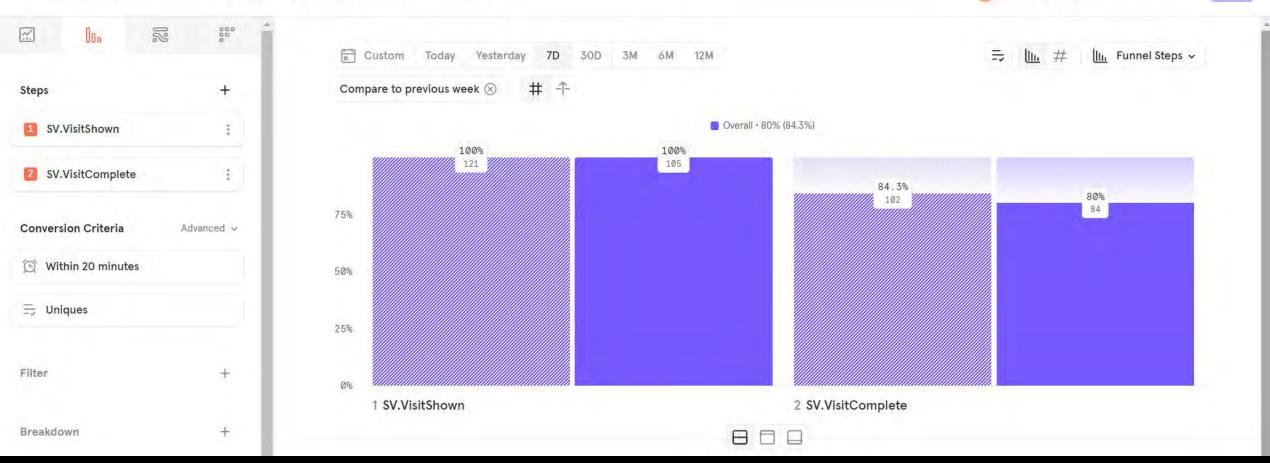








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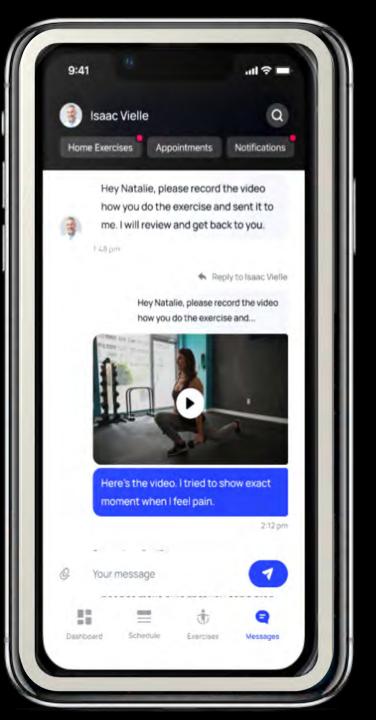
CPT code 98980:

• Clinical Vignette: Provider is reviewing all of the data and making adjustments to the care plan, providing clinical feedback to the patient and monitoring their overall progress remotely.

The provider calls the patient for a check in on the 15th day after the patient has onboarded fully into the app to address any challenges and questions the patient has.



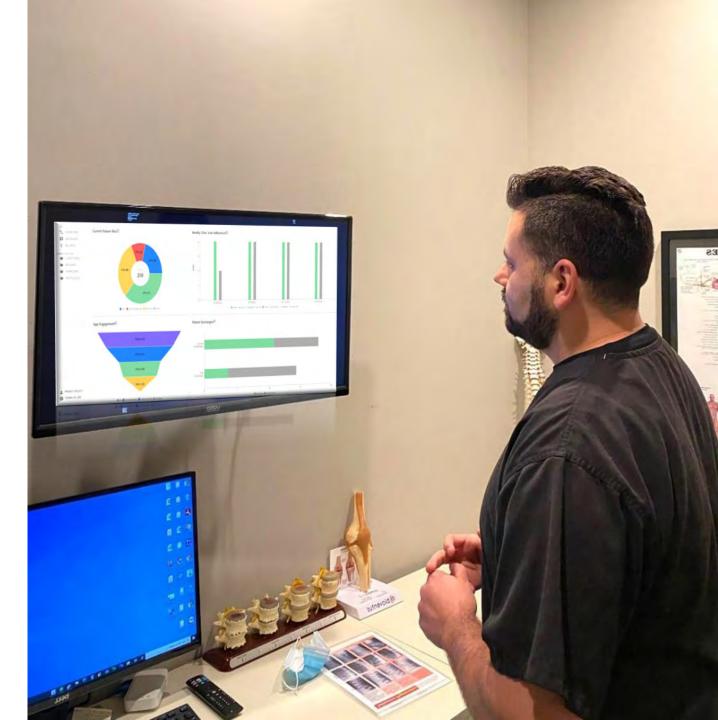
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CPT code 98981:

• **Clinical Vignette:** Provider is reviewing all of the data and making adjustments to the care plan, providing clinical feedback to the patient and monitoring their overall progress remotely.

The total time accrued by the provider is 40 minutes in a calendar month. In addition to the call to check in with the patient on the 17th day of the month to address any challenges and questions the patient has, they also call on the 29th day to check in again.



Next...

- Analyze Outcomes Data Post Visit and Post HEP
- Continued UX Research
- Prioritize Product Pipeline Development

cpt code	description	medicare		aet	aetna	
98975	initial set-up and patient education on use of equipment	\$	18.00	\$	19.91	
	device(s) supply with scheduled (e.g., daily) recording(s) and/or programmed alert(s)					
98977	transmission to monitor musculoskeletal system, each 30 days	\$	54.00	\$	57.17	
	time in a calendar month requiring at least one interactive communication with the					
98980	patient/caregiver during the calendar month; first 20 minutes	\$	48.00	\$	48.30	
	time in a calendar month requiring at least one interactive communication with the					
98981	patient/caregiver during the calendar month; each additional 20 minutes)	\$	39.00	\$	38.79	

$125.38 \ge 20$ Patients = $4,388.30 \ge 12 = 52,659.60$

The Future of Improving Patient Outcomes and Provider Income is the In-Person and **Digital Experience**

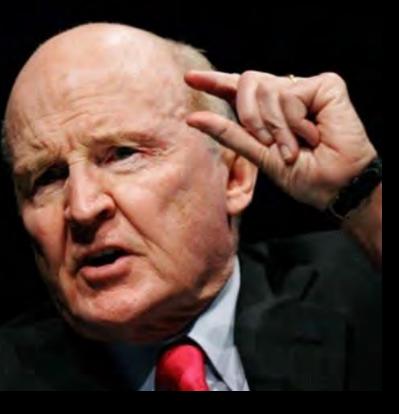


Secret #1

...Don't Be Like Larry

Critical Consequences of Not Keeping Up with Technological Advancements

Loss of Competitive Advantage



"If you don't have a competitive advantage, don't compete."

> JACK WELCH legendary CEO

Decreased Productivity and Efficiency



Reduced Customer Loyalty

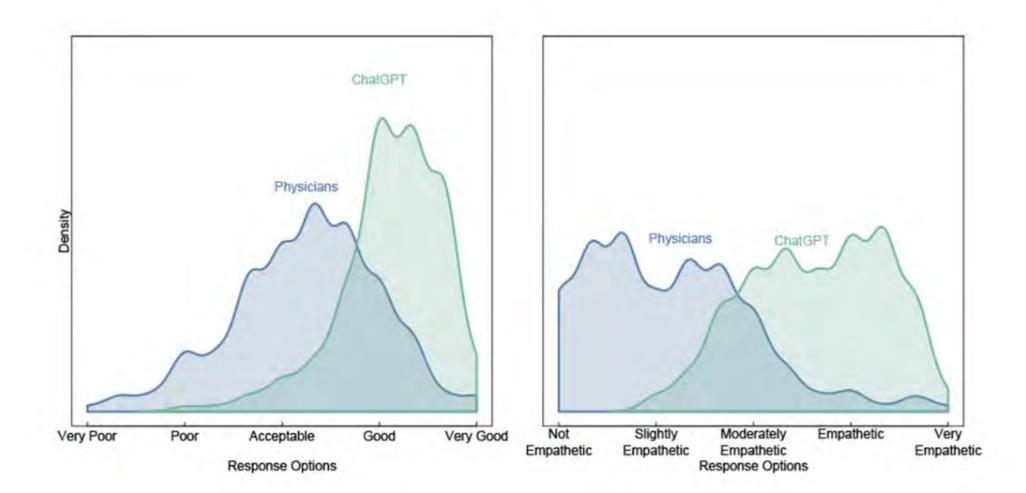
Secret #2

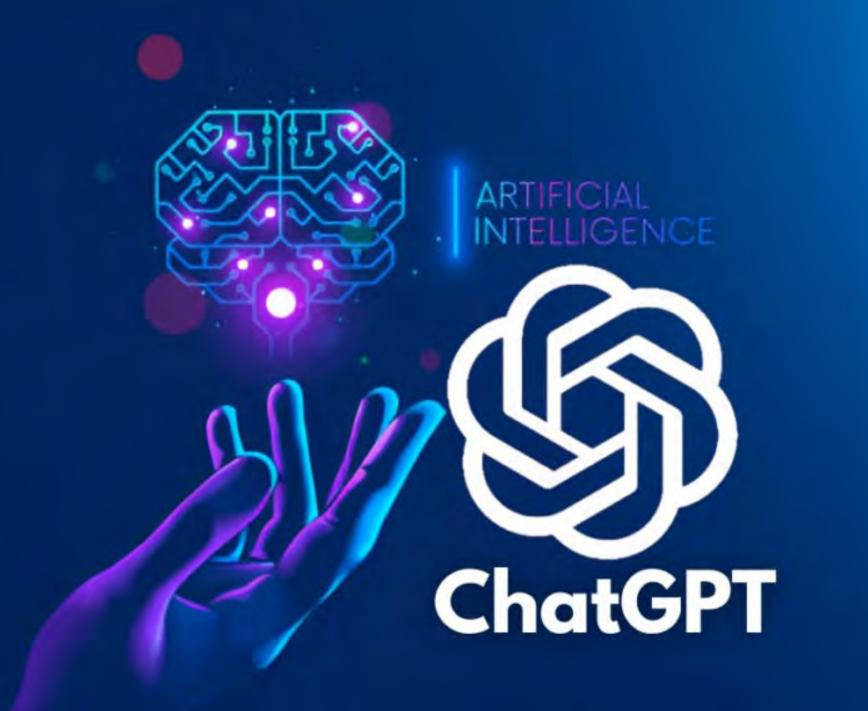
Those That Learn, Play, and Implement AI...

Win

Study Finds ChatGPT Outperforms Physicians in High-Quality, Empathetic Answers to Patient Questions

While AI won't replace your doctor, the JAMA Internal Medicine paper suggests physicians working together with technologies like ChatGPT may revolutionize medicine





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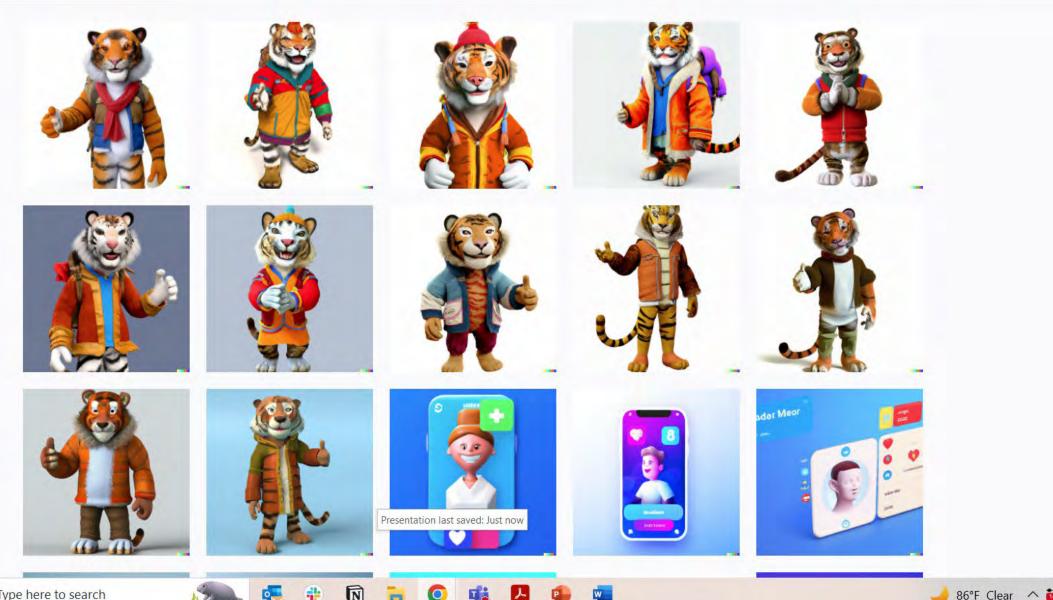
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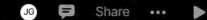
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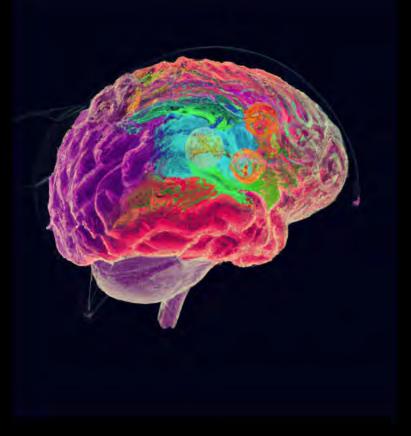


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The Power of Tiny Habits: A 10-Slide Journey Through BJ Fogg's Model of Behavior Change



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Secret #3

Virtual/Digital Care Is The Future Present of Healthcare

Telehealth





Remote Patient Monitoring



Remote Therapeutic Monitoring



The Big Opportunity...

- 1. Anticipate Customer Needs
- 2. Create Remarkable Experiences
- 3. Raise the Bar For Digital Excellence



Gift Time!

- 1. Pull Out Your Phone
- 2. Text "Jay" to 66866
- 3. Respond with your email address
- 4. You will get an email with a link to a survey
- 5. Fill in survey, give me your feedback, and tell me what prize you want to win
- 6. The more people who fill in the survey they more books I'll give away!
- 7. In the email you received, you will also see a link to a landing page where you can schedule a demo or purchase the app at today's discount.

You have to fill in the survey to win the prize!! Don't forget.



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Connect with Dr. Jay

Redau

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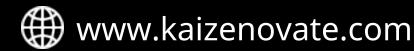
drjay@kaizenovate.com

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www.Kaizenovate.com

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ThankYOU!