



# WEconnect Health Guide



## What is the WEconnect App?

WEconnect is a virtual mobile app offered at no cost. It's designed for anyone facing substance use, mental health challenges, or lifestyle concerns who are looking to make positive, healthy changes. The platform provides personalized, accessible, and effective support to help members build healthier routines, strengthen recovery, and stay engaged in care.

## Key Benefits for Members

### 1. One-on-One Peer Support

- Get access to **virtual unlimited one-on-one personalized support from peer support specialists** who have been through recovery themselves. These are real people who understand the journey and have come out on the other side.
- **Peers can:**
  - Connect members to support resources
  - Help define goals and build recovery/wellness plans
  - Provide accountability and encouragement
  - Support skill-building and daily routines

They serve as personal recovery cheerleaders—motivating, encouraging, and walking alongside each member.

### 2. Daily Virtual Support Meetings

- Meetings offered multiple times every day, led by Certified Peer Support Specialists through the app.
- WEconnect meetings are safe spaces where people can come together, build community, and support each other through all of life's ups and downs.
- **General Support Meetings** plus **Specialty Groups** such as:

Family & Loved Ones

Grief Support

Women's Meeting

Men's Meeting

LGBTQ2IA+

Harm Reduction

Mental Wellness

Reunión en español (Spanish speaking)

+ more

### 3. Evidence Based Motivation Through Rewards

- Earn up to **\$750 in digital gift cards** by completing simple, healthy activities that support progress toward health and recovery goals.
- Earn rewards for attending appointments, joining meetings, or practicing self-care.



### 4. Always Accessible

WEconnect provides support whenever it's needed. Whether members are working on mental health, recovery from alcohol or substance use, coping with grief, navigating food-related challenges, or building healthier routines, WEconnect is there to help.

# How WEconnect Benefits Patients

|                                                                                                                              |                                                                                               |                                                                                                            |                                                                                                      |                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Personalized Support</b><br><br>Meets members where they are, tailoring resources to their stage of recovery or wellness. | <b>Immediate Access</b><br><br>Daily online support meetings, evenings and weekends included. | <b>Peer Connection</b><br><br>Guidance from peers with lived experience, offering accountability and hope. | <b>Motivation to Stay Engaged</b><br><br>Incentives reinforce treatment plans and healthy behaviors. | <b>Better Outcomes</b><br><br>WEconnect participants show higher engagement in care, reduced relapse risk, and stronger community connections. |
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Learn more at [WEconnectHealth.io](https://WEconnectHealth.io) →

## WEconnect Drives Measurable ROI

By keeping members engaged longer, reducing substance use, and strengthening recovery outcomes, WEconnect drives significant cost reductions by stabilizing health, preventing crises, and reducing high-cost utilization. As a demonstration of our work, below you can see results from one of the MCOs we partner with, where we impacted their outcomes and costs. Over a 2-year period, there was a 57% decrease in total claims, specifically:

|                                      |                                            |                              |
|--------------------------------------|--------------------------------------------|------------------------------|
| <b>33%</b><br>lower overall costs    | <b>47%</b><br>fewer ED claims              | <b>41%</b><br>lower ED costs |
| <b>47%</b><br>fewer inpatient claims | <b>56%</b><br>lower inpatient claims costs |                              |

## What's Next?

As of November 1, 2025, WEconnect is available to onboard and welcome members interested in behavioral health, recovery, and wellness support. If you:

Are interested in learning more and/or;

Have relationships with providers who support a significant portion of your members and/or;

Would like to share information about WEconnect with others

**Get in touch**

Pamela Lady | [pamela@weconnecthealth.io](mailto:pamela@weconnecthealth.io)

### Member Support Contact

For questions or technical help, email [support@weconnecthealth.io](mailto:support@weconnecthealth.io) or call our support line at 888-425-4605.



### Care Management Support Contact

For account management questions please contact Pamela Lady at [pamela@weconnecthealth.io](mailto:pamela@weconnecthealth.io) or call 206-471-9761.