

Online Peer Support Platform to Address Loneliness and Social Isolation

Information for Case Managers and Providers

Rocky Mountain Health Plans is partnering with Wisdo Health to provide Wisdo's evidence-based and online peer support and community platform to its members.

The Wisdo platform addresses the harmful consequences of social isolation and loneliness on the health outcomes, engagement, and costs of adult members. To date, over 500,000 people, including 6,000 from Colorado, have joined Wisdo.



"Wisdo has changed my perspective of my mental health and how it's important to take my mental health seriously."



"On Wisdo, never once have I seen a negative comment on any post, a negative reply or a negative comment. No negativity at all. It's all positive, helpful words of encouragement"

**Accessing Wisdo is available to all members
at www.wisdo.com/co/rmhp**

What is Wisdo?

A safe and anonymous peer support platform where members are connected with helpful peers with shared lived experiences and receive emotional support and companionship. Members also have access to group coaching about building resilience and improving their social health.

How to describe Wisdo to a member?

"I'm excited to tell you about a new opportunity for our members; access to a safe online community where you can connect with others going through similar life experiences, build connections, receive support and companionship and even share from your own experiences. To access the community, called Wisdo, go to wisdo.com/co/rmhp. This community is provided to you at no cost."

Is the Wisdo platform safe?

Yes. Wisdo is HIPAA and SOC2 HITRUST compliant. Members are anonymous on the platform and all conversations on Wisdo are moderated for safety. If a safety risk is identified, Wisdo examines it, and if necessary provides the contact information for the Colorado Crisis line 1-844-493-TALK.

Has Wisdo proved its impact?

Yes. Empirical data from Colorado users show that within 90 days, members experience statistically and clinically significant reductions in depression (21%) and loneliness rates (18%) and an increase of 22% in quality of life. >> [view white paper](#).

How do members access Wisdo?

Members can access Wisdo by visiting www.wisdo.com/co/rmhp and clicking on "Get Started". They can also scan the QR code located on the Wisdo flyer. Wisdo is available as a mobile app on iOS and Android devices and personal computers connected to the internet. It's easy to join. There is no need for fast broadband internet to use Wisdo.

Is there tech support from Wisdo?

Yes. Members can call 1-256-462-8056 or email support@wisdo.com to connect with tech support.

Questions?

Contact Melissa Hildebrand, MSW, Director of Client Success at melissa.hildebrand@wisdo.com