

Email communication to CCHA's internal teams about Wisdo's peer support community platform



Subject line: Introducing: Online Peer Support Platform to Reduce^[11] Loneliness and Social Isolation_{SEP}

Dear [Recipient's Name],

We are thrilled to announce a new initiative aimed at reducing the harmful consequences of loneliness and social isolation on our members. Starting today, we are providing all members 18 years and above with unlimited access to an evidence-based, online peer support community! More than 13,000 Coloradans have already used Wisdo to cope with loneliness and social isolation. We are asking for your support in promoting the availability of this tool to our members.

Wisdo Health is an award-winning platform specifically designed to address the impact of loneliness and social isolation on health outcomes and engagement rates. The platform offers over 30 peer communities to support members struggling with mental health, chronic conditions, life stressors, and social determinants of health.

The HIPAA-compliant platform uses AI to proactively connect members with specific peers who have been in their shoes and can provide emotional support and companionship to reduce their loneliness and improve their mental health and wellbeing. With the Wisdo app, members are never alone because they are always surrounded by people they can lean on 24/7.

According to the U.S. Surgeon General report, over 50% of all adults and 72% of Medicaid members suffer from loneliness and social isolation. Studies show that lacking social connections can increase the risk of premature death as much as smoking 15 cigarettes a day, double the risk of developing depression and anxiety, and lower adherence to treatment plans across physical and mental health.

Over 12,000+ Coloradans have already used Wisdo to cope with the impact of loneliness with remarkable results. [A peer-reviewed study published at JMIR](#) shows that Coloradans experienced clinically significant reductions in loneliness, depression, and anxiety and a 92% satisfaction rate.

Joining Wisdo is simple and takes only 30 seconds. Members can visit <http://www.wisdo.com/co/ccha> to learn more and sign up, or they can text "JOIN4" to 215-259-3898. Wisdo is available online to members via smartphones, tablets, and PCs.

We have created a set of materials to help you learn about Wisdo and how to introduce it to our members. Here are three links worth checking:

1. A PDF with information on the Wisdo platform and recommendations on how to introduce it to members. [LINK](#)
2. A 2-minute video about the Wisdo platform
3. A web page about this program [LINK](#)

Please reach out if you have any questions or feedback. We are excited about the positive impact this initiative can have on our community, and we look forward to working together to promote it.

Sincerely,