



## **Q & A Session with Michael Aspinwall, Chief Executive Officer at Stability Health**

### **What was your inspiration for creating Stability Health?**

My inspiration is both personal and professional. My dad had type 1 diabetes for 60 years and lived to be 85. He and my mom did everything right, he was the first person on an insulin pump in Massachusetts, they counted carbs, he exercised, etc., yet still ended up in the hospital due to highs and low occasionally. Until I met my co-founder Dr. Dave Harlan, I thought my father had typical care, as it turns out his care was extraordinary. It was then I realized that the vast majority of the 34 million people with diabetes in the U.S. don't receive the care they need and deserve, and I believe Stability Health can do something about it. Also professionally, I've been a hands-on investor in some great healthcare businesses over the last 25+ years and I've seen what dedicated people in these organizations have accomplished for patients and the clinicians who serve them. As the last thing I do in my career, I want to lead and motivate our team to make Stability Health an extraordinary company.

### **How is Stability Health changing diabetes and chronic care delivery for patients? For clinicians and healthcare organizations?**

A person with diabetes lives with their disease every day. Therefore, it is a challenge for them and their families; I saw it firsthand with my dad. Our clinical team at Stability Health is there to help guide, mentor, and monitor our patients towards better health, we are on this journey together. The other unfortunate circumstance of diabetes is that there is an acute shortage of diabetes specialists so upwards of 85% of people with diabetes get their care from primary care clinicians, usually physicians or nurse practitioners. While these dedicated clinicians want to do well for their patients, they don't have the training in diabetes a specialist has and as a result, they struggle with complex patients. Stability Health brings this specialist expertise to the patient's clinical team as a fellow colleague and member of the care team.

### **What value does Stability Health bring to healthcare organizations?**

We help healthcare organizations deliver advanced diabetes care to their patients with complex cardio-metabolic conditions including diabetes and we do it at a lower cost than what it would otherwise take to staff and support the organization's care teams in a traditional way. Our specialized clinical services coupled with our technology platform allows us to support both patients and clinicians at a reasonable cost. More important than cost, however, is that we fill the gaps in care and knowledge that exist in the current healthcare system. We don't just make diabetes care better; we transform how care is delivered and we do it in a way that is best for both patients and clinicians.

**For more information on Stability Health and  
how we partner with clients to transform diabetes care delivery  
visit: [www.stabilityhealth.com](http://www.stabilityhealth.com)**