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**ELEMENT3 HEALTH TO HOST EXPERT DISCUSSION OF
SOCIAL ISOLATION AND LONELINESS AT LEADING HEALTHCARE
CONFERENCE**

Healthcare Innovator to Raise Awareness of Critical Healthcare Issue Facing Seniors

DENVER, Colo.. (March 20, 2019) – [Element3 Health](#) today announced it will elevate the issue of social isolation and loneliness to health industry leaders on March 21, when the company hosts an expert panel discussion at the Healthspottr Retreat, in Sea Island, Ga.

Titled “The Cost of Isolation,” the discussion will provide insight from payors, researchers and industry experts into the causes, depth and health consequences of loneliness and social isolation.

“Many of the attendees at this conference will have started to hear about social isolation and loneliness as a growing healthcare concern. What this discussion will provide is a new way of thinking about solutions to reversing this disturbing trend,” said Element3 Health CEO and panel host David Norris.

Norris said the company chose to bring these solutions and strategies to the conference because the HealthSpottr Retreat gathers some of the most forward-thinking minds in the industry.

“Element3 Health is establishing itself as a pioneer in healthy aging by addressing the overlap between physical, mental and social health,” Norris said. “We think this message will resonate at Healthspottr and provide insights and ideas many attendees will not have thought of before.”

Panel experts include Julianne Holt-Lunstad, PhD, professor of Psychology and Neuroscience at Brigham Young University, whose research has helped establish a definitive link between loneliness and declining health; Dr. Paulo Narciso, Vice President of Impact Areas for the AARP; and Dianna Saulsbury-Campbell, Chief Development Officer at the National Council on Aging.

While the healthcare industry is awakening to the association between loneliness and poor health outcomes, few companies are offering effective solutions. Element3 Health’s unique approach makes it a perfect fit for the Healthspottr Retreat.

“Healthspottr is a network for innovators and investors who are focused on healthcare transformation. We particularly enjoy working with companies such as Element3 Health

that have homed in on solutions,” said Carleen Hawn, co-founder and CEO of Healthspottr. “Element3 Health fits with our mission by identifying an innovation that is affordable, effective and scalable across the industry.”

About Element3 Health

Element3 Health is a network that engages 50-plus adults around their passions to increase their physical, social and mental activity for healthy aging. The company combines the three most powerful elements of health into one cohesive solution in order to tackle the \$75 billion of unnecessary healthcare spending associated with social, mental and physical decline among seniors. The company’s GroupWorks engagement platform is growing quickly, adding millions of members and tens of thousands of groups across more than 120 passions. Using an activity scoring engine, Element3 Health can calculate individual ActivityBenefit™ scores and use their proprietary GroupMatch™ matching engine to help optimize members’ health across social, mental and physical metrics. <https://element3health.com>

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