



The  
Stories and Wisdom  
Company

Healthcare Solutions

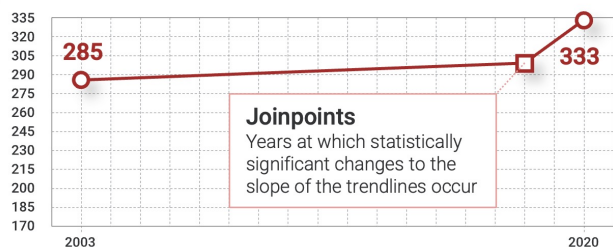
# Transforming Health Outcomes with **STORIES** and **WISDOM**®

2025

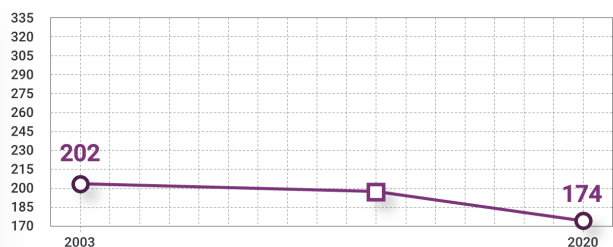
# Isolation Has Been Rising for Two Decades and Is Now More Harmful Than Smoking 15 Cigarettes a Day

## NATIONWIDE DECLINE IN SOCIAL CONNECTION

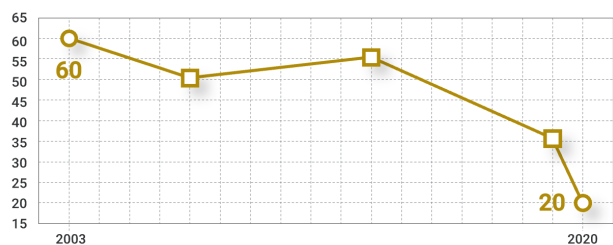
Annual daily average in minutes



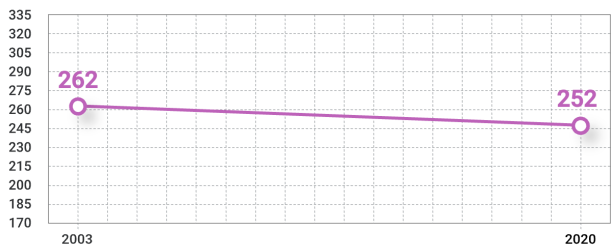
**Social Isolation**  
an increase of **24 hours** per month



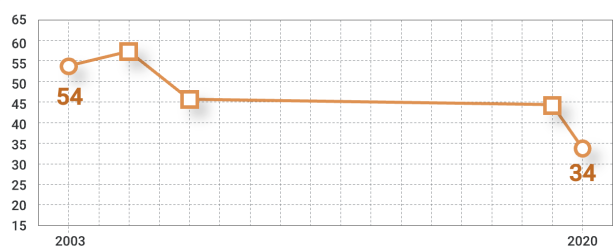
**Companionship** a decrease of **14 hours** per month  
Companionship refers to shared leisure for the sake of enjoyment and intrinsic satisfaction



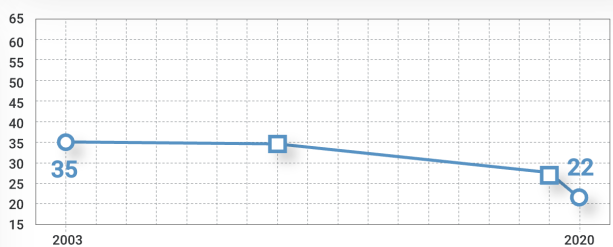
**Social Engagement with Friends**  
a decrease of **20 hours** per month



**Household Family Social Engagement**  
a decrease of **5 hours** per month

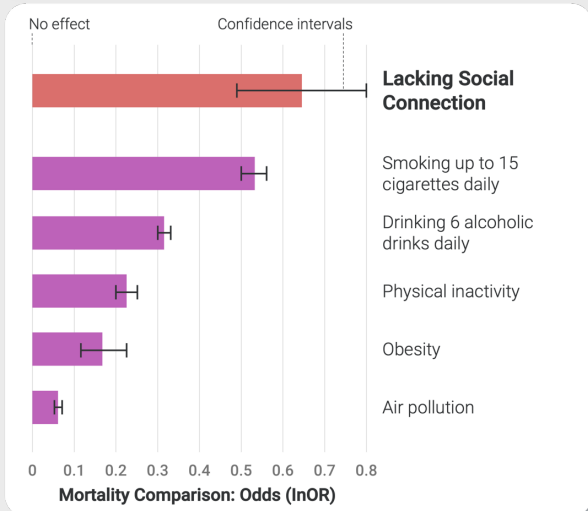


**Social Engagement with Others**  
a decrease of **10 hours** per month



**Non-Household Family Social Engagement**  
a decrease of **6.5 hours** per month

## IMPORTANCE OF CREATING A CULTURE OF CONNECTION



*“You can feel lonely even if you have a lot of people around you, because loneliness is about the quality of your connections – one of the things that’s so important is creating a culture of connection.”*

Dr. Vivek Murthy, U.S Surgeon General  
(2015-2017, 2021-2025)

# STORIES and WISDOM®

An evidence-based digital health solution for disease management



Social isolation is a critical health risk linked to higher rates of depression, reduced treatment adherence, and increased mortality. Studies equate its impact to smoking 15 cigarettes a day. STORIES and WISDOM® is an award-winning, neuroscience-informed digital platform that reduces isolation and strengthens community health through gamified personal storytelling and analytics.

Through prompts that spark reflection and reactions that foster active listening, STORIES® enables authentic dialogue in group settings, building trust and connection among patients and caregivers. WISDOM™ extends this impact through analytics derived from transcribed

stories, helping healthcare teams identify emerging needs and deliver more responsive care. Accessible on any browser-enabled device and available in multiple languages, STORIES and WISDOM® can reach diverse populations across care settings and geographies.

## OUTCOMES

### Improved Health Outcomes

92% of STORIES® participants reported feeling more connected to their community. Research shows that patients who feel connected experience better mental health and higher adherence to care plans.

### Sustainable Access to Care

By equipping local partners and community health workers with a low-bandwidth, browser-based platform, STORIES and WISDOM® build local capacity and sustainability beyond clinical settings, ensuring ongoing access to preventive, community-based care.

### Efficient Care Delivery

By transforming personal stories into AI-assisted actionable insights, WISDOM™ enables clinicians and administrators to detect needs early, optimize care strategies, prioritize resources, and deliver more efficient, patient-centered care.

## CAPABILITIES

STORIES and WISDOM® is an enterprise-ready Software as a Service (SaaS) platform offered through a licensable monthly subscription. It integrates seamlessly with widely used login systems, including OKTA and Microsoft Active Directory, ensuring secure and scalable access, with role-

based access control for facilitators, administrators, and analysts. The platform is fully customizable across content, security, data privacy, and compliance (HIPAA, GDPR) to align with your organization's specific needs.



### Supporting ADRD Care

STORIES® supports cognitive function in patients with Alzheimer's and Related Dementias (ADRD), while strengthening connections between patients and caregivers, through personalized memory triggers, such as photos and music clips.



### Reducing Suicide Risk

STORIES® strengthens protective factors for individuals at risk of suicide. In a safe, facilitated environment, participants share personal experiences, building trust and a sense of belonging, factors linked to reduced suicide risk.

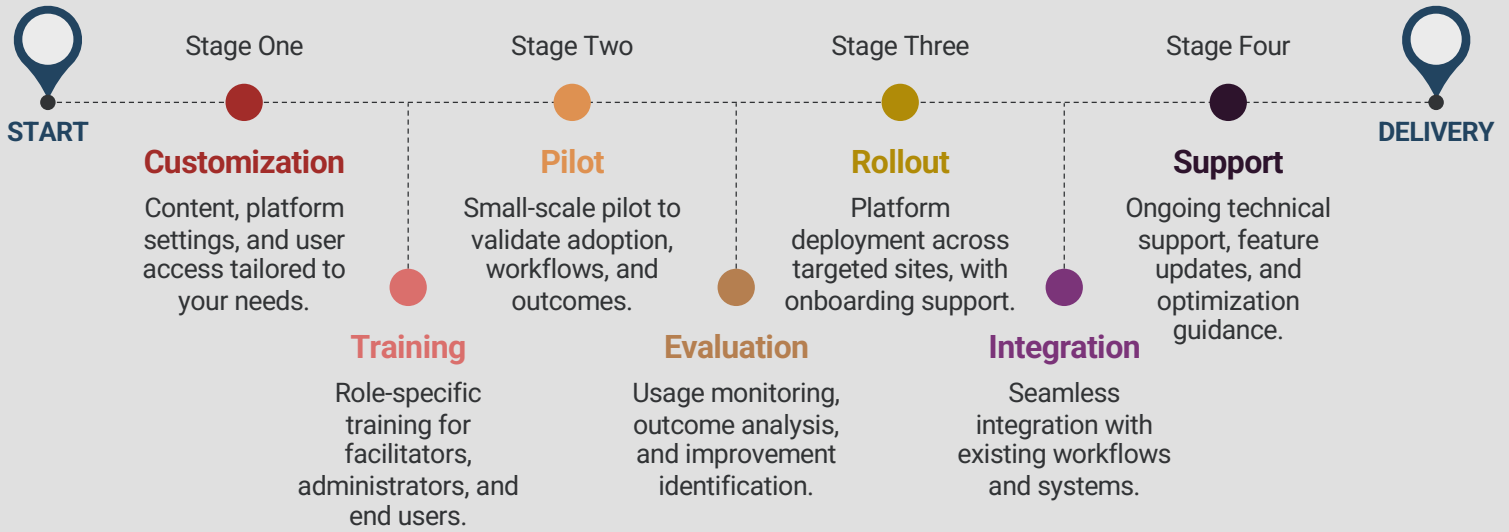


### Strengthening SUD Recovery

STORIES® supports patients in substance use disorder (SUD) recovery through structured peer storytelling sessions. Participants share challenges and receive feedback from peers, reducing isolation and fostering accountability and engagement.

## SCOPE

### Duration: One Year



## CUSTOMER EVIDENCE



*"Stories helps develop better relationships within groups. It does that by enabling conversations about things that we usually don't talk about on a daily basis, at a deeper level of vulnerability and transparency. **This is powerful.**"*

**Eduardo Briceño,**  
Author: The Performance Paradox



*"Stories is a powerful instrument to facilitate true connection within communities with storytelling as the great backdoor to capture emotions that people have. I think it should be a regularly used tool."*

**Dr. Paul Zak,**  
Founder, Immersion Neuroscience, Author: The Trust Factor

## INDUSTRY RECOGNITIONS

Stories and Wisdom® has been recognized with 22+ industry awards, in categories like Thought Leadership, Innovation, Workplace Culture Transformation, and Talent Management. It has also been Company of the Year in 2024 & 2025.



## NEXT STEPS

Email [hello@storieswisdom.com](mailto:hello@storieswisdom.com) to book a demo and experience STORIES and WISDOM®. Let us help you drive better health outcomes for your community.