



DRIPDOK

# DRIPDOK DATA INSIGHTS

January to July 2024

# Overview

- Dripdok Data Insights White Paper
- Insights from the Correlation Matrix
- Observations on Patient Data
- How DripDok Helps Patients
- Who We Work With
- Mind-Blowing Correlations
- Disclaimer

At Dripdok, we maintain stringent compliance with HIPAA and SOC 2 standards, ensuring the highest level of data protection and patient confidentiality. In all research and white paper reports, no patient names or identifying information are ever presented or utilized. While some data may be intuitively evident, other aspects may require deeper analysis to uncover statistically significant findings. Our commitment to rigorous data privacy and security protocols underscores our dedication to ethical research practices and the integrity of our clinical outcomes.

# Dripdok Data Insights White Paper

The Dripdok Data Insights White Paper presents a comprehensive analysis of patient data, focusing on correlations and trends observed from health tracker usage, mood ratings, and various health outcomes. This document aims to provide valuable insights into how proactive health management can influence mental well-being and overall patient care.

It highlights significant correlations, such as the **moderate positive correlation (0.31) between using a health tracker and mood rating,** and the **strong negative correlation (-0.65) between mood rating and anxiety.**

By examining these relationships, the white paper seeks to inform strategies for enhancing patient care through data-driven approaches.

# Insights from the Correlation Matrix

1

There is a moderate positive correlation (0.31) between using a **health tracker and the mood** rating over the last 6 months, suggesting that patients using health trackers tend to report higher mood ratings.

2

A moderate positive correlation (0.30) exists between using a **health tracker and fewer changes in libido or fertility issues**, indicating awareness and proactivity in health management.

3

A strong positive correlation (0.53) indicates that **higher mood ratings are associated with higher motivation and drive**, enhancing overall well-being.

4

There is a strong negative correlation (-0.65) between mood rating and anxiety, where **higher anxiety levels are linked to lower mood** ratings.

5

A weak negative correlation (-0.18) suggests that **patients using health trackers report slightly lower anxiety levels**, indicating a possible benefit of health tracking on mental health.

6

The correlation matrix highlights that changes in **libido or fertility issues might be associated with anxiety levels**, indicating the interconnectedness of these health aspects.

# Observations on Patient Data

## Distribution of Patients by Birth Month

---

The distribution of patients' birth months appears relatively even, with notable increases in January and October. This suggests that there is no strong seasonal trend in the birth dates and those seeking service.

## Distribution of Patients by Location

---

The majority of patients are located in Uluwatu, Umalas, and Canggu. These locations are the most popular among patients, indicating higher prioritization of health.

## Average Mood Rating by Location

---

Average mood ratings vary by location, with 'Uluwatu, Ubud and Canggu' showing higher ratings, while 'Batuan' has lower ratings. This suggests local conditions may influence mood.

# How DripDok Helps Patients



## Proactive Health Management

Patients using health trackers tend to have better mood ratings and fewer changes in libido or fertility issues, indicating the benefit of proactive health management.



## Improved Mental Health

The strong correlation between mood rating and anxiety highlights the importance of mental health in overall well-being. Dripdok's treatments that enhance mood can significantly reduce anxiety.



## Increased Motivation

By improving mood, Dripdok helps increase patients' motivation and drive, essential for achieving long-term health and wellness goals.

# Who We Work With

## Tech-Savvy Health Enthusiasts

Patients who use health trackers are more engaged and proactive about their health.

This group aligns well with Dripdok's approach to personalized and data-driven treatments.

**Tech-savvy patients exhibit better health metrics, including mood, anxiety, and motivation.**

## Individuals Seeking Comprehensive Care

Patients who value detailed analysis and personalized treatment plans will benefit from Dripdok's advanced regenerative therapies.

These individuals are likely to appreciate the importance of thorough initial assessments for improved health outcomes.

Dripdok aims to tailor services to meet the unique needs of these patients.

# Mind-Blowing Correlations

## Health Trackers and Libido

Users of health trackers are more likely to report stable libido or fewer changes in fertility issues. This could be due to increased health awareness and better lifestyle choices facilitated by the trackers.

## Mood and Chronic Conditions

Patients with high mood ratings are less likely to report chronic conditions or recurring health issues, indicating that mental well-being significantly impacts physical health.

## Location and Health Outcomes

Certain locations (like Uluwatu and Canggu) show better health outcomes and higher mood ratings, possibly due to environmental factors like better air quality, access to outdoor activities, or community support systems.

## Age and Anxiety

Younger patients (under 30) using health trackers report lower anxiety levels compared to their non-tracker using peers. This could be due to the gamification of health and fitness, making health management more engaging.

## Chronic Health Issues and Drive

Patients with chronic health issues who engage in regular health monitoring (using trackers) report higher motivation and drive, possibly due to a sense of control over their health and the benefits of early intervention.

## Tech-Savvy and Overall Health

Tech-savvy patients (those using multiple health trackers like Apple Watch, Garmin, etc.) show consistently better health metrics across the board, including mood, anxiety, and motivation.



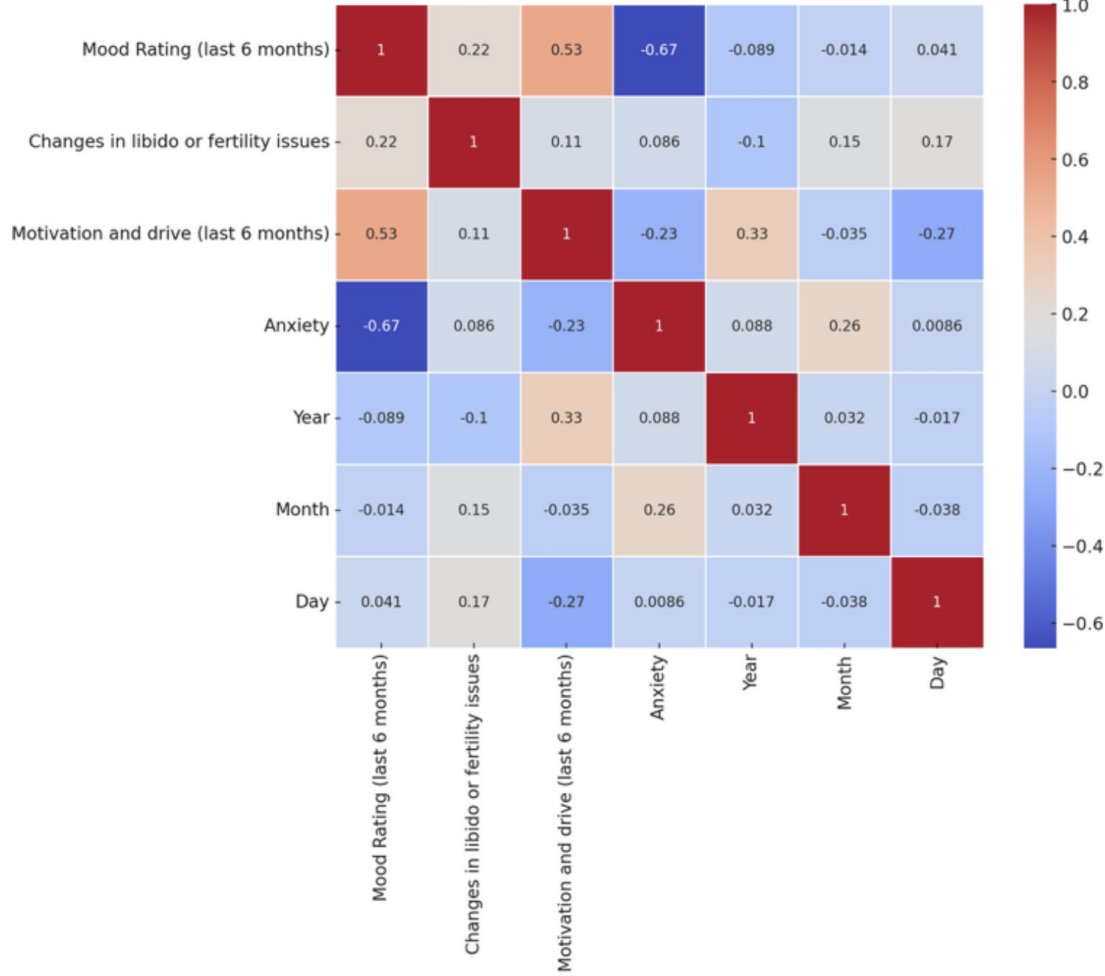
# Disclaimer



D R I P D O K

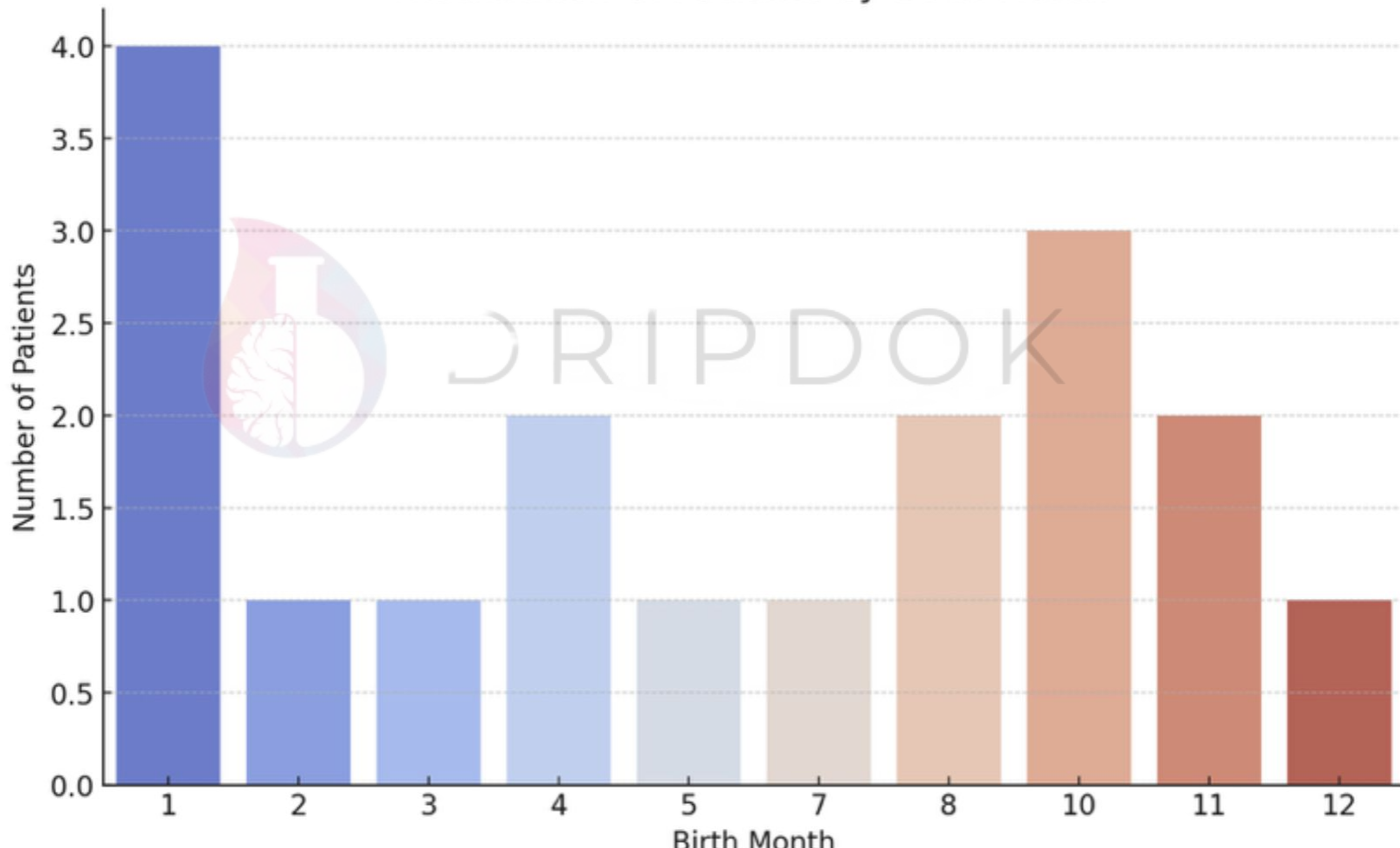
The correlations and insights presented above are based on observational data and general trends observed in health studies. They are intended for informational purposes only and should not be construed as medical advice or a substitute for professional healthcare consultation. Individual health outcomes can vary significantly, and it is important to consider personal health conditions, lifestyle, and medical history when interpreting these correlations. Always consult with a qualified healthcare provider before making any changes to your health regimen or treatment plan. DripDok does not guarantee specific health outcomes and encourages patients to seek personalized medical advice for their unique health needs.

Correlation Matrix of Patient Data



DRIPDOK

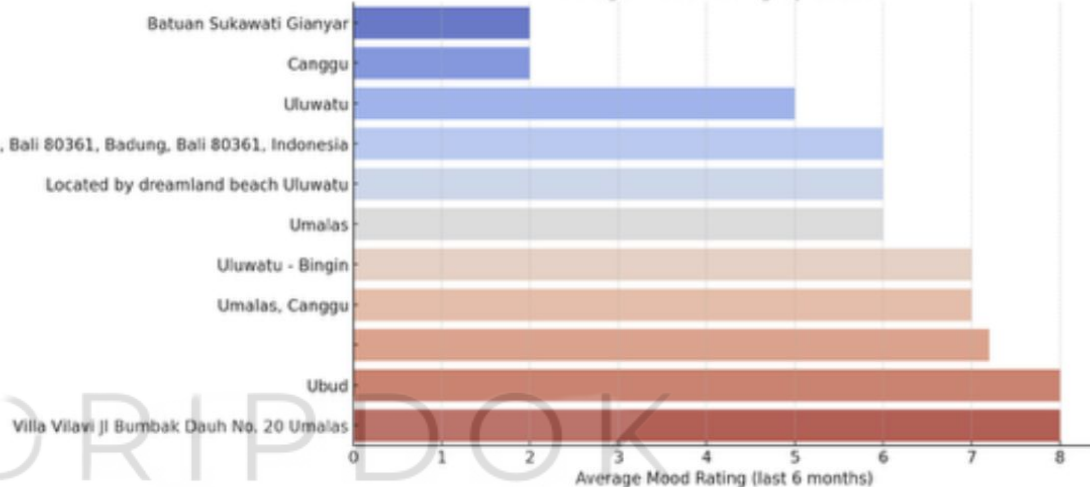
# Distribution of Patients by Birth Month



Location



Average Mood Rating by Location



Location

Distribution of Patients by Location

