

What is FriskaAi

World's First Trusted AI Healthcare Companion for Individual Care, EMR Workflows, and Population Health at Scale.

FriskaAi is an AI-powered health engagement and preventive care enablement platform designed for large-scale healthcare and population health programs.

Built for health systems, health plans, self-insured employers, and digital health platforms, FriskaAi delivers continuous, personalized health guidance beyond episodic care. It supports sustained engagement, adherence, and preventive health journeys without increasing clinical workload.

FriskaAi operates as an **assistive AI health companion**, complementing existing care and wellness programs rather than replacing clinical judgment or medical decision-making.

The Problem We Address

Enterprise healthcare organizations face persistent challenges in sustaining engagement and adherence outside traditional care settings.

Common gaps include:

Limited continuity of care and personalization between visits

Low adherence to prescribed lifestyle and wellness plans

Fragmented health data across systems and devices

Difficulty scaling preventive programs across populations

High operational burden for care teams managing follow-ups

FriskaAi addresses these challenges by enabling continuous, AI-assisted health engagement integrated into existing ecosystems.

How FriskaAi Works

FriskaAi functions as a **medically trained, assistive AI layer** that generates personalized health recommendations using multiple data inputs, including:

- Personalized health recommendations tailored to individual profiles
- AI-driven nudges and guidance to improve adherence
- Continuous engagement with Friska Fuel(AI Nutritionist) and Friska Companion(AI health partner)
- Book consultations with Fitness Experts, Dieticians and Nutritionists
- Vitals, calories, sleep, medications, documentation – tracking everything in one place
- Generate structured patient summaries and ICD-mapped reports for providers
- Avail fitness videos, get tips, and live group sessions(yoga, general fitness)

FriskaAi is designed to assist users with evidence-aligned, personalized health guidance while supporting existing care structures.

Who FriskaAi is Built for

FriskaAi is designed for organizations managing health at population scale, including:

Large health systems
and integrated
delivery networks

Health plans and
payers

Self-insured
employers with large
workforces

Virtual care and
digital chronic-care
platforms

Individuals and
Clinicians

The platform supports organizations seeking to improve engagement, adherence, and preventive outcomes across diverse populations.

Measured Outcomes from Pilot Programs

Early pilot deployments of FriskaAi have demonstrated measurable improvements in key health indicators:



75% of participants showed improvement in HbA1c levels



62.5% of participants showed significant reduction in blood pressure



83.33% participants reported improved sleep quality

In addition to clinical indicators, FriskaAi supports:

Better adherence to care plans

Scalable preventive health programs

Continuous AI-assisted engagement

These outcomes demonstrate FriskaAi's potential to support long-term health improvement at scale.

Flexible Deployment Models with Privacy & Security

FriskaAi is built for regulated healthcare environments.

- HIPAA compliant
- Designed to support HIPAA-aligned workflows
- Secure handling of PHI
- Privacy-first architecture
- Enterprise-grade security and role-based access controls
- Regulatory-ready by design

FriskaAi is **API-first, embeddable, and white-label capable**, enabling deployment across multiple operating models:

- Standalone health engagement platform
- Embedded within provider, payer, or employer platforms
- Integrated into digital health applications

Organizations retain control over branding, workflows, and user experience.

**FriskaAi is available
via Microsoft
Marketplace.**

Thank You!