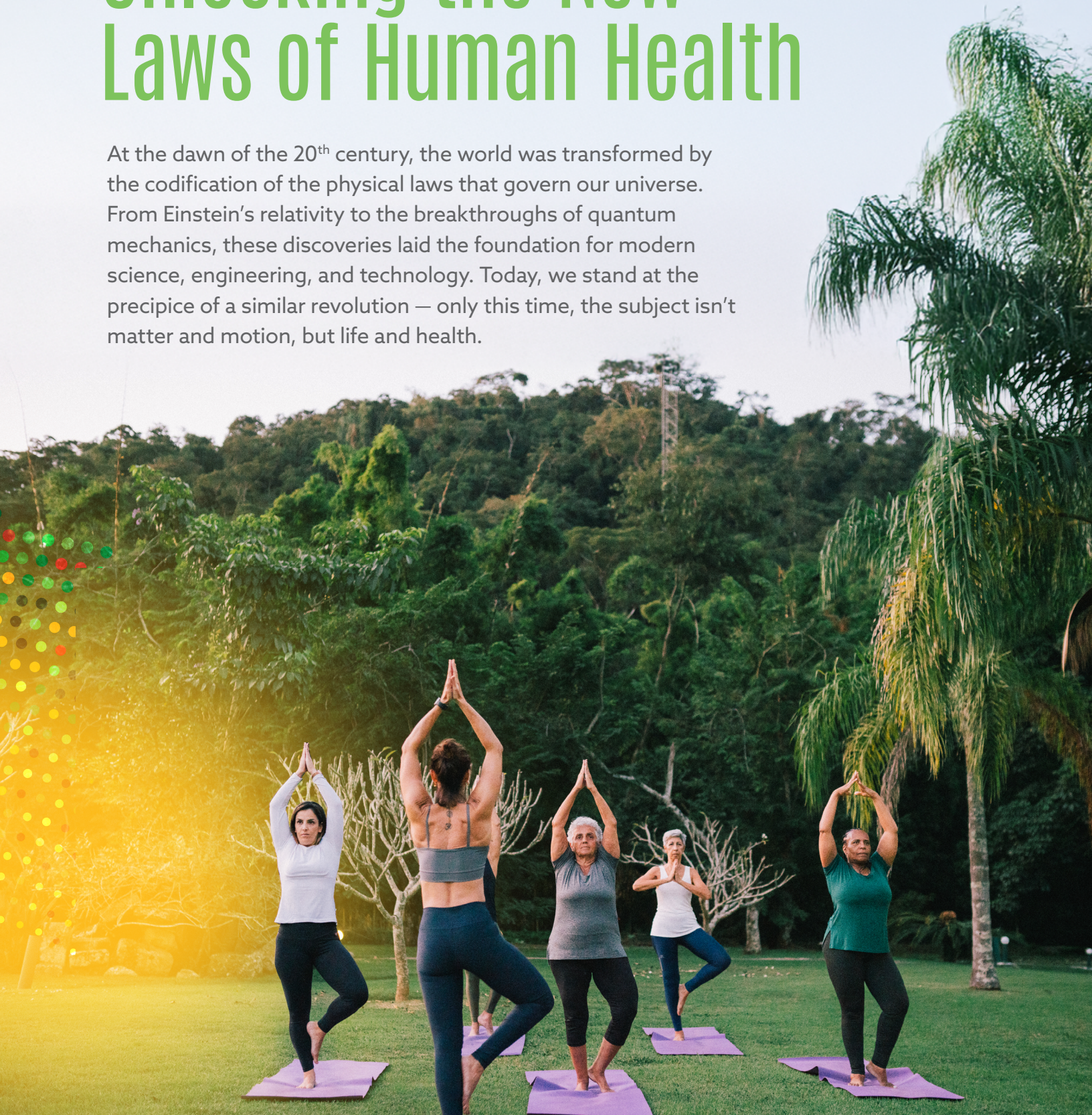


THE PERIODIC TABLE
OF HEALTH ELEMENTS®

Unlocking the New Laws of Human Health

At the dawn of the 20th century, the world was transformed by the codification of the physical laws that govern our universe. From Einstein's relativity to the breakthroughs of quantum mechanics, these discoveries laid the foundation for modern science, engineering, and technology. Today, we stand at the precipice of a similar revolution — only this time, the subject isn't matter and motion, but life and health.



Fueled by an explosion in health-related data — from genomics and biomarkers to digital phenotyping via wearables, environmental sensors, and behavioral insights — we are now able to decode the fundamental elements that drive human health. Yet, unlike traditional medicine which often reacts to illness, our new tools enable a more proactive, predictive, and personalized approach to health and well-being.

In response to this paradigm shift, the Digital Health Institute for Transformation (DHIT) has developed the Periodic Table of Health Elements. Just as the periodic table in chemistry organizes the elements that constitute all matter, our health table organizes the determinants, drivers, and disruptors of health across individual, community, and systemic dimensions.

From genetic predispositions to health literacy, from social connection to access to digital infrastructure, the table captures the full spectrum of modern health determinants. Each element represents a building block that can be measured, optimized, and ultimately aligned to achieve Health Equity by Design.



A Framework for Digital Transformation

The Periodic Table of Health Elements is more than a tool for understanding — it is a catalyst for change. As we transition from the analog, reactive healthcare of the 20th century to the digital, participatory health ecosystems of the 21st, we need new models and mindsets.

The DHIT framework complements the evolution from:

- Analog to Digital: Empowering individuals with data and tools to self-manage their health.
- Episodic to Continuous: Enabling always-on care models through wearables and ambient intelligence.
- One-size-fits-all to Personalized: Leveraging genomics, AI, and behavioral science to tailor interventions.
- Sick care to Well-being: Shifting incentives and outcomes from treatment to prevention and health optimization.

Designing Health Compounds for Holistic Impact

Just as elements in chemistry combine to form compounds with transformative properties, the elements in our health table can be integrated to create targeted, synergistic interventions. These “health compounds” — unique combinations of biological, behavioral, environmental, and systemic components — unlock the potential for truly holistic approaches to both disease prevention and population health management.

At the individual level, these compounds enable personalized care pathways tailored to a person’s unique genetic, behavioral, and environmental profile. At the community level, they provide a framework for designing interventions that address root causes and structural barriers to well-being, creating systemic resilience and sustainable health equity.

From Product to Platform Thinking

The future of health system design lies in transitioning from standalone products to integrated platforms — digital ecosystems that continuously learn, adapt, and scale. Where a product addresses a singular challenge, a platform creates a foundation for diverse, interoperable solutions that evolve with user needs and contributions.

Platforms enable high-value exchanges between producers and consumers, with data and feedback loops serving as their core engine. Rather than optimizing internal workflows in isolation, platforms facilitate open, collaborative, and scalable interactions that build collective intelligence and resilience.

By visualizing the interplay of health elements, stakeholders can design targeted interventions that improve outcomes and advance equity.

The Periodic Table of Health Elements supports this transition by revealing where health system components intersect and where new value can be co-created. It is a blueprint for moving beyond isolated interventions to dynamic systems that unite patients and caregivers, providers, public health agencies, and digital health innovators.

From Framework to Action

The Periodic Table is not only a taxonomy — it is a roadmap for action. By visualizing the interplay of health elements, stakeholders can design targeted interventions that improve outcomes and advance equity.



For Policymakers + Public Health Professionals

- Use the table to identify structural gaps in public health infrastructure (e.g., broadband access, housing, food insecurity).
- Prioritize funding toward upstream determinants that have broad downstream impact.
- Evaluate equity implications, ensuring vulnerable populations are not left behind.
- Align policy decisions with systemic “compounds” of health (education, digital equity, social connection).



For Entrepreneurs and Innovators:

- Map digital health solutions to specific health elements to ensure alignment with real-world drivers of health.
- Demonstrate product-market fit by showing how innovations intersect with multiple elements (e.g., an app that supports both medication adherence and peer support).
- Build interoperable platforms rather than siloed products by seeing where value can be co-created across the ecosystem.
- Communicate value to stakeholders using common, evidence-based language.

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For Clinicians and Health Systems:

- Apply the table as a decision-support tool to personalize care plans, integrating genetics, behavior, social context, and environment.
- Integrate biological, behavioral, and social elements into predictive models for proactive health management.
- Spot gaps beyond the clinical visit (e.g., housing insecurity, digital access) and connect patients to appropriate resources.
- Collaborate with multidisciplinary teams using a shared framework that highlights determinants often overlooked in traditional medicine.



For Payors

- Align benefits design and reimbursement models with health elements that deliver the greatest long-term impact (e.g., preventive screenings, nutrition support, mental health care).
- Use the table to guide investment toward upstream determinants of health that reduce costly downstream claims.
- Design value-based models that reimburse for addressing behavioral and social drivers, not just medical procedures.
- Use the framework to measure holistic outcomes (well-being, resilience, equity) instead of just utilization.



For Teachers + Educators

- Incorporate the table into health literacy education, helping students understand that health isn't only about biology but also environment, behavior, and society.
- Use it to teach systems thinking, showing how different "elements" interact to shape outcomes.
- Design curricula that equip students (future clinicians, policymakers, or innovators) with a more holistic view of health.
- Apply it to community health projects, encouraging critical thinking about root causes of inequity.





Digital Health Institute
for Transformation

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For Students + Researchers

- Gain a visual, intuitive model to understand the multidimensional nature of health.
- Use it as a reference for research projects (e.g., exploring how digital infrastructure and nutrition interact in underserved communities).
- Learn how to combine different elements to propose innovative interventions ("health compounds").
- Empower yourself with knowledge about self-care and health agency beyond the clinical setting.



For Patients + Communities

- Recognize that health is not only medical care but also shaped by social connection, environment, access, and lifestyle choices.
- Use the table as a navigation tool to identify areas where you can take action (e.g., nutrition, exercise, sleep, digital tools).
- Feel more empowered in shared decision-making, as the table makes visible the many factors influencing your well-being.
- Advocate for community resources and policies that address upstream determinants of health.

A Call to Action

The opportunity before us is immense. But so are the stakes. We live in a time where chronic disease, inequity, and system inertia threaten to overwhelm our health infrastructure. To respond, we must harness the full power of digital transformation — not just in technology, but in policy, culture, and design.

The Periodic Table of Health Elements is our contribution to this new era — a blueprint for creating smarter, fairer, and more sustainable health systems. It is a tool to inspire collaboration, inform investment, and ignite innovation.

We invite you to explore it, engage with it, and help us build the future of health, together.

