Take Charge. Feel Better.

Using digital tools for better health
OR
How – and why - to be a smarter healthcare consumer and more informed patient

Today’s Agenda

• Introductions
• The changing landscape of healthcare
• How we can adapt, and why we should
• Tools: from the critical to the cool

Introductions

☐ Clinician?
☐ Embrace technology?
☐ Devices?
Healthcare:

Efforts made to maintain or restore physical, mental, or emotional well-being by trained and licensed professionals

Efforts we make, in partnership with trained and licensed professionals, to restore physical, mental, or emotional well-being

Changing Landscape of Healthcare

Demographics
In 2009 as part of the Health Information Technology for Economic and Clinical Health (HITECH) Act, the federal government set aside $27 billion for an incentive program that encourages hospitals and providers to adopt electronic health records systems (EHR) to improve quality of care.

Assumptions:
- Interoperability could be achieved
- Physicians and Patients would embrace this change
Payment Reform

- Reimbursement is moving from volume based to value based

- The new care models often use care teams, digital health tools that enable better monitoring and intervention, and patient facing tools to support patient engagement

- Patient engagement – directly or indirectly - now affects provider reimbursement
Patient Engagement: Next Blockbuster Drug

Engagement leads to better health
- Only 10 - 20% of the factors affecting healthcare outcomes fall inside of traditional healthcare delivery system.
- Daily choices and proactive health management can keep us feeling better, longer.
- Each of us is the expert on how our health affects our lives; we can build a foundation for better aging.

Tools to help us navigate
- Patient Portals
- Consumer Health Websites
- Medication Mgt. Apps
- Medicare’s Blue Button
- Wellness Apps
- Chronic Condition Apps
- Surgical and Inpatient Apps
- Wearables
- Connected Devices
Benefits of Patient Portals

Engaging Patients

- Immediate access to lab results, x-ray reports
- Download and share with other providers
- Medications list
- Visit summaries: review for accuracy and understanding
- Prepare for next visit
- Appointment scheduling and reminders
- Medication refills
- Billing and payment

Create a Personal Health Record
Information Overload

“If I read and memorized 2 medical journal articles every night, but the end of the year I would be 400 years behind.”

~ Dr. Donald Lindberg, director of the National Library of Medicine

Consumer Health Websites

Affiliated with hospitals, .org or .gov

- Centers for Disease Control and Prevention
  ➢ cdc.gov

- MayoClinic
  ➢ mayoclinic.org

- National Institute on Aging
  ➢ nia.nih.gov
Comprehensive Meds List

Medication Reconciliation (Med Wreck)

Common Medication Myths

- I know everything I take.
  - What if you are injured and unconscious?
- My doctor has a complete list of my medications.
  - Studies show only 25% of doctors felt confident that they had a complete list of medications on their patients.
- I always take my medications with me.
  - You may forget the medications in your refrigerator, or the over the counter medications and supplements that you take.
- Supplements don't count.
  - Supplement use has been associated with a range of adverse events and drug interactions.
Helping to Right Med Wreck

- Maintain a comprehensive and up to date list of everything you take.
- Share with your providers and loved ones or caregivers who assist.
  - Use notes app on your smart phone, maintain and share directly.
  - Medication reminder app
  - Medications list in your emergency contacts

Medication Reminder Apps

Medisafe: FREE
Create a medical ID on your mobile phone.

Medical ID on mobile phone: iPhone

Medical ID on Mobile Phone: Android
Medicare Blue Button 2.0

Create a Personal Health Record
318,000
Number of healthcare apps available worldwide

Step Counters: Apple Health & Google Fit

Step Trackers
**Nutrition Apps**

MyFitnessPal: Free

Mindfulness, Sleep and Gratitude
Calm, Headspace, and Grateful
Relaxation, Sleep, Mindfulness, Movement

Calm Sleep Stories

Instant Heart Rate: Android or iOS
Consumer Wearables: Fall prevention, detection, protection + EKG

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Managing a Diagnosis: SAMPLE

<table>
<thead>
<tr>
<th>Tool</th>
<th>Use</th>
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<tbody>
<tr>
<td>Patient Portal</td>
<td>Learned of diagnosis</td>
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<tr>
<td>Online Research</td>
<td>Recommended protocols</td>
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<tr>
<td>Step Tracker</td>
<td>Set and manage daily goal</td>
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<tr>
<td>Medication App</td>
<td>Mid day and evening reminder</td>
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<tr>
<td>Nutrition App</td>
<td>Monitor whole food calcium intake</td>
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Estimated savings from digital health?

$46 Billion

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