Better cardiac data
Wellbridge Health—A Telehealth Solution to Prevent HF Readmissions
Wellbridge Health

Personalized Solution to Support Chronic Disease Management

- Supports care transition and care coordination for patients with chronic conditions
- Empowers patients and providers to improve health of at-risk populations
- Addresses health needs proactively to prevent complications and avoid unnecessary healthcare costs
Wellbridge Health

A Scalable Solution

Bringing together technology and people for frequent, brief and positive interactions in between doctor’s visits to prevent or minimize disease progression.

7 days/week symptom monitoring

Weekly video chat coaching
Daily Insight into Member’s Well-being

- Augment biometric data with a second data stream capturing a member’s hardest to measure health indicators
- Disease-specific symptom prompts encompass all comorbidities
- Daily check-ins enable early warning for emerging health crises
Wellbridge Clinical Protocols

Physical Health
- Type I Diabetes
- Type II Diabetes
- Asthma
- COPD
- Congestive Heart Failure
- Hypertension
- Peripheral Artery Disease
- Coronary Artery Disease
- Other Cardiovascular Diseases
- Chronic Kidney Disease
- End-Stage Renal Disease
- COVID-19 Symptom Monitoring

Mental Health
- Mood Disorders
- Anxiety Disorders

Wellness Activities
- Diet / Nutrition
- Sleep
- Smoking Cessation
- Mindfulness
- Exercise
Translating Complexing Data into Simple Views

- Daily snapshot of member’s wellbeing and symptoms (via app)
- Daily biometric data (via integrated medical device)
- Weekly video chats
- Health & wellness assessments
- Medical & pharmaceutical claims
- Overall program adherence
- Custom tracking reports
Web-Based Dashboard for Health Coaches
Member Overview Page
Correlating Multiple Data Streams
Clinical Approach

Motivational Interviewing

- State of readiness to change
- Set small goals
- Use understanding of states of change and members own motivations to help individuals achieve goals

Cognitive Behavioral Therapy

- Reframe negative or distorted thoughts and behaviors
- Increase positive/decrease negative emotions with proven techniques

Problem Solving Therapy

- Define & set goals
- Create menu of alternative solutions
- Decision making
- Choose solution
- Implement
- Evaluate
Integrated claims browsers to assess members’ historic and present utilization.

- Medical claims
- Pharmacy claims
- ER/hospitalizations
- Costs after enrollment in Wellbridge

**Member summary**

- Before: $1,358.93 PMPM
- During: $911.52 PMPM
- Δ $447.41 PMPM (-32.9%)
HEDIS and STAR Ratings

- Effectiveness of care
- Experience of care
- Utilization
- Timelessness of care
- Preventive visits
- Immunizations
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Impacts Cost & Health Outcomes

Lowers Overall Cost of Chronic Care Patients

ROI
Demonstrated returns on management fees

Improves Mental and Emotional Wellbeing

79%
Improvement in depression severity scores, using validated tool (PHQ)

Reduces Readmissions in HF Patients

96%
Program adherence

50%
Reduction in HF readmissions
Wellbridge Health

Business Models

Full Program

→ Includes use of Wellbridge Health Coaches
→ Per Member / Per Month
→ Gain Share
→ At-risk

Tech Platform License

→ Up-front Fee
→ Training Fees
→ Much Lower Per Member / Per Month
→ Maintenance Fees
Roundtable Discussion

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THANK YOU