

Platform for Digital Care Coordination and Real-World Impact

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Problem

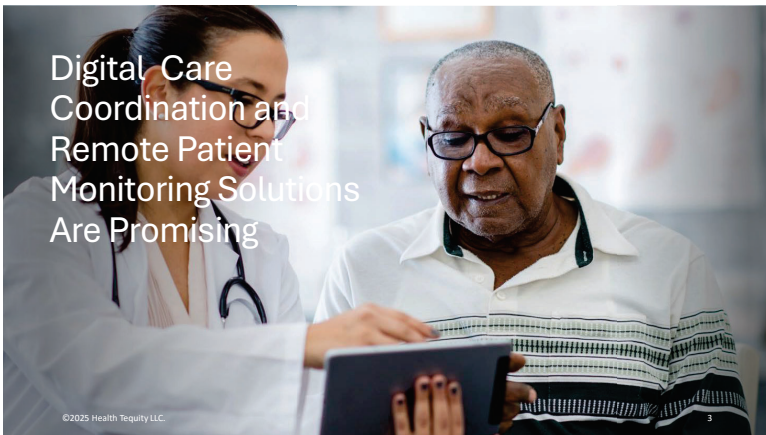


- Chronic disease affects billions of people worldwide
- One quarter of US adults have multiple chronic conditions such as diabetes, hypertension, and hyperlipidemia.
- Uncontrolled chronic conditions strong risk factors for heart attack, stroke, kidney disease, and cognitive decline.
- Chronic conditions associated with \$3 trillion (71%) of US healthcare spend.



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Digital Care
Coordination and
Remote Patient
Monitoring Solutions
Are Promising

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Digital health can
help but challenges
prevent communities
from attaining the
benefits.



Challenges to Digital Care for Community Health

Patient

- Belief that solution will be beneficial
- Fit with individual's daily life
- Fit with clinicians' health recommendations
- Broadband connectivity at home
- Computing device
- Monitoring device
- Digital health navigation (technical support, digital literacy, language, disability)

Clinician and Community Organization

- Evidence of benefits, outcomes
- Fit with clinic workflow and efficient management
- Interoperability with other systems
- Privacy and security
- Staff skills to implement and manage digital health programs
- Financial sustainability

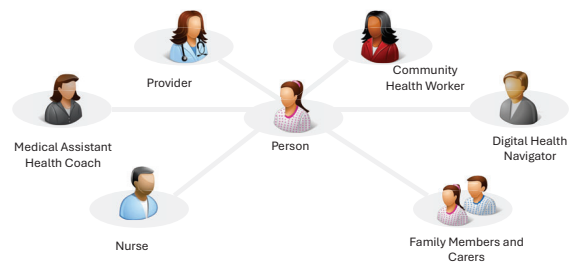
The **ACTIVATE** Platform

Brings digital care coordination and remote monitoring to community health

Solves the challenges that get in the way of real-world outcomes

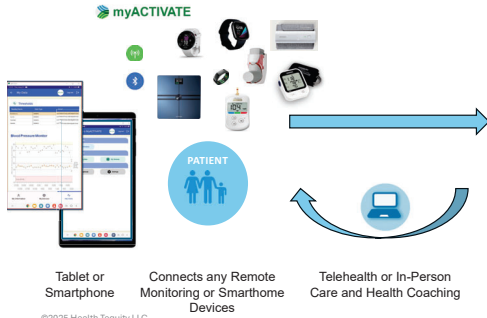
A spinout from UC Berkeley/CITRIS and MITRE Corporation

Co-design to Address Challenges



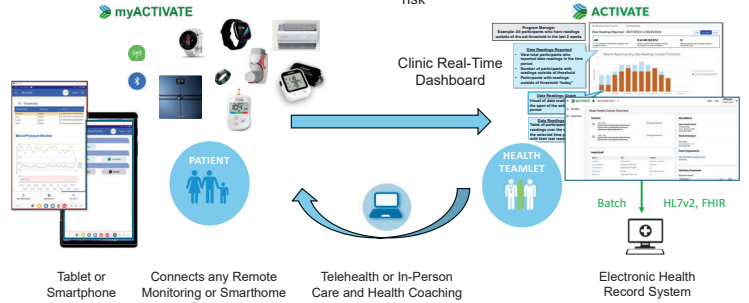
Care team + participant + community co-designers

Patients use the **myACTIVATE** Mobile App to connect any devices, view data in real-time, improve self-management



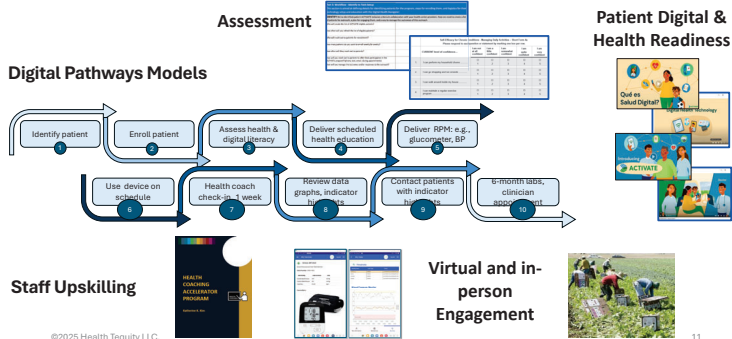
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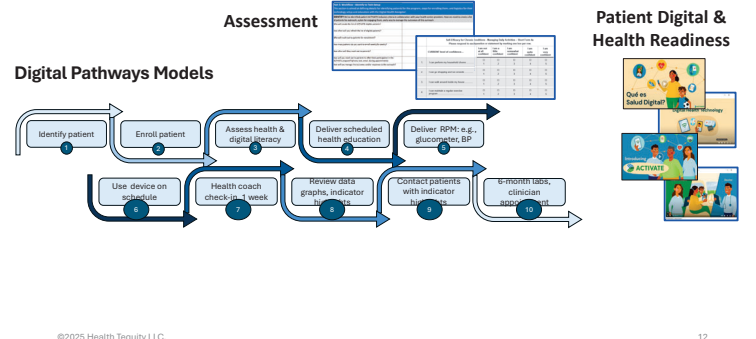
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Optimization Toolkit Makes It Work



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Optimization Toolkit Makes It Work



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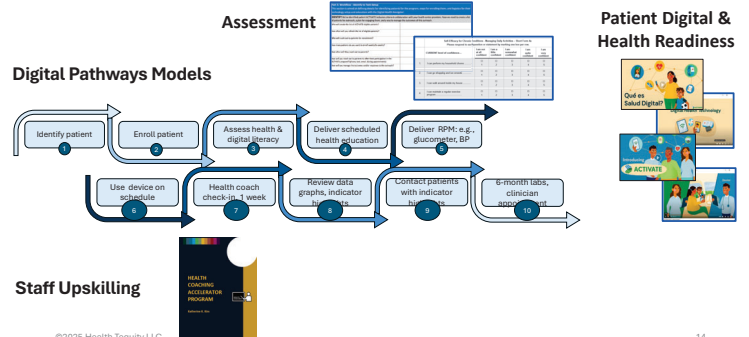
Key Patient Training Principles

- Relationship building
 - My care teamlet
 - Supported by team that is prepared
- Multi-modal micro-learning
 - Engaging
 - Short
 - Multi-language, video, voice, text
- Focused on program engagements
 - Chronic care self-management
 - Bluetooth pairing
 - Use of specific remote monitoring device
 - What numbers mean

<https://www.healthtequity.net/activate>



Optimization Toolkit Makes It Work

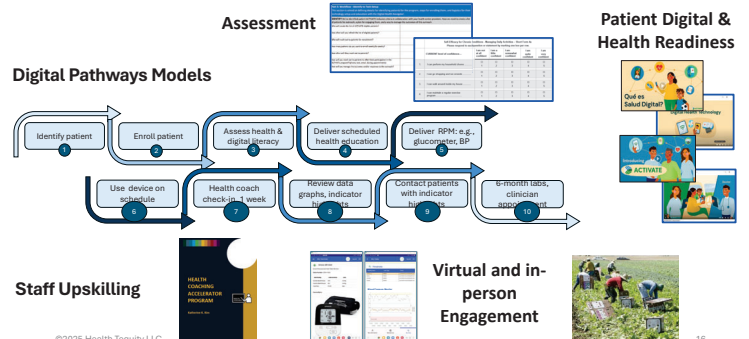


Key Staff Training Principles

- Relationship building
 - My care teamlet
 - Supported by team that is prepared
- Adult learning pedagogy
 - Engaging and interactive
 - Didactic and practical
 - Multi-modal: video, live lecture, quizzes, role-play, peer partner/mentor
- Focused on program roles
 - Chronic condition foundations
 - Digital health navigation
 - Motivational-interviewing based health coaching
 - Part of program design and implementation

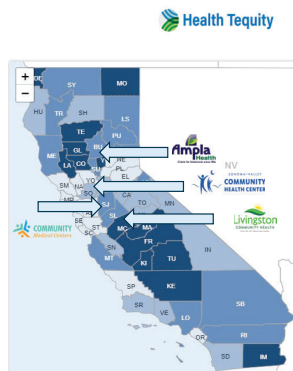


Optimization Toolkit Makes It Work

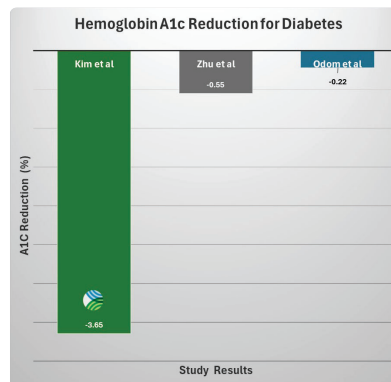


Research-based Evidence

- A uniquely co-designed and flexible platform for remote monitoring and care coordination in underserved communities
- A model implemented in four California health centers.
- Phased pre-post study (co-design, feasibility, pilot)
- Demonstrated health outcomes in California's under-resourced settings



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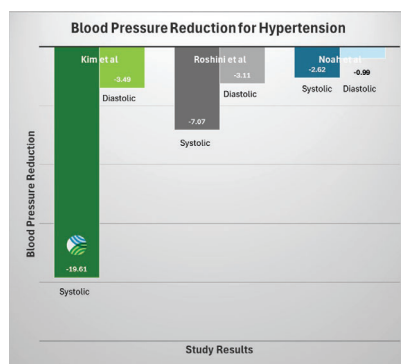
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Real-World Outcomes

Diabetes in Control in 6 months

- ACTIVATE served 157 individuals with Diabetes
- Reduced A1c by 3.7 (from 11.1 to 7.5)



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Real-World Outcomes

Hypertension in Control in 6 months

- ACTIVATE served 116 individuals with Hypertension
- Improved systolic BP by 20 points (from 153 to 134)
- Improved diastolic by 3.5 points (from 84 to 80).



Patient Feedback

"I was very happy to see that someone worries about us and is checking up on the sick people... before I was signed up for this program, well, I didn't have this check-in that I have now. And that's motivated me, every day, every day, to see the numbers I get..."

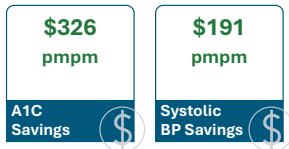
Patient 536144

"It has encouraged me to change my lifestyle because prior to ACTIVATE... I check my blood sugar... I didn't know the why behind it... But when I went to the Zoom classes and then I met [outreach worker] and [medical assistant health coach], and then they put it all together in perspective to me... it just made a world of a difference for me... It's making me want to do more, it's making me want to get better."

Patient 805014

Health System Savings

- Outcomes like these can result in substantial savings to the health system



How can ACTIVATE's flexible platform and optimization toolkit help?

- **Research** studies needing infrastructure to collect PROs, RPM data, aggregated data, and dashboards for management
- **Healthcare** settings seeking to improve chronic illness care coordination
- Community organizations wanting to **platform to integrate services and data sharing**

Thank you

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