Digital solutions for long term condition management

mymhealth.com
Changing Healthcare Forever

[Digital solutions for long term condition management]

Any time, any place, any device.

my mhealth create digital solutions for the management of long term conditions. Evidence based and highly secure, my mhealth provide a suite of solutions to manage patients with COPD, Asthma, Diabetes and Heart Disease.

No more limits. No more restrictions.

For patients with Asthma, COPD, Diabetes and Heart Disease, we develop apps that enable the best outcomes, 24 hours a day, 7 days a week.
For the patients.

NHS approved, MHRA certified and deployed across over 100 NHS England CCGs, Scotland and Wales, our applications enable the delivery of care through patient self-management, education and rehabilitation at scale. Reducing inequality, improving outcomes, with around the clock instant accessibility, individuals can manage their condition like never before. The unique clinical interface enables remote care at a population scale to facilitate a new proactive care model.

Facts about long term conditions

A long term condition is defined as a condition that cannot at present be cured; but can be controlled by medication and other therapies. In England alone, there are 15.4 million people with long term conditions, and an increasing number of these have multiple conditions. Individuals with long term conditions use a significant proportion of health care services (50% of all GP appointments and 70% of days spent in hospital beds), and their care accounts for 70% of hospital and primary care budgets in England.

Our approach

Our approach is to support people to be as independent and healthy as possible, preventing complications, and the need to go into hospital. 86% of patients with long term conditions have access to an Internet enabled device such as a tablet, smart TV or smart phone to help in the management of their health and well-being.
What we do for patients

“We create an environment where individuals are empowered through a patient centred, evidence based platform, to self-manage their long term condition, with confidence, throughout the clinical pathway.”
**myCOPD**

myCOPD is for patients suffering with Chronic Obstructive Pulmonary Disease. The evidence from 3 clinical trials illustrates myCOPD:

- Corrects 98% of the inhaler errors present in 90% of patients
- Delivers pulmonary rehabilitation with the same outcomes as classed-based programs
- Reduces readmissions
- Speeds the recovery from acute exacerbations

**Functions**

- Symptom tracking via CAT scores
- Self-management
- Medication Diary
- Pulmonary rehabilitation
- Inhaler, nebuliser and spacer videos for every device
- Smoking cessation
- Comprehensive education course
- Chest Clearance
- Weather and pollution forecasting
  ........and much more
Hold your inhaler firmly in an upright position.
myDiabetes

Our QISMET approved app is for patients suffering with Type 1 or Type 2 Diabetes, including those controlled with diet, tablets and/or insulin. The App intelligently populates its content in order to customise the education and interventions delivered so they are relevant for the different patient groups.

myDiabetes brings patients the most comprehensive self-management diabetes app available on any device. Built by clinical experts, with patients, myDiabetes puts individuals in control like never before. myDiabetes contains expert education on all aspects of diabetes care and allows them to monitor their blood glucose, HbA1C and other risk factors to reduce their risk of serious long term complications.

Functions

• Medication Diary
• Diabetes Checklist
• Targets and goal setting
• Risk factor management
• Comprehensive reports
• Complete diabetes course
• DMFit - Type 2 diabetes intervention program
The Importance Of Physical Activity When You Have Diabetes (4/5)

MyDiabetes helps with this goal and you can either input your daily steps in the Lifestyle tile or use one of the many activity monitors, for example, a Jawbone or Fitbit.

myDiabetes can synchronise with many of these activity monitors; you can set this up in the Options section. However you achieve your daily steps tile, and if your
“Since I started using myCOPD, I have lost weight, my depression has lifted, and I see my GP just once a year (compared with twice-monthly visits previously). I have not needed hospital treatment for 18 months.”

Paul, COPD Patient
myAsthma

myAsthma empowers patients to manage their asthma for a lifetime. Based on best evidence and national guidelines, myAsthma provides 24-hour self-management, expert advice and support for patients with adult asthma.

myAsthma is the first of our apps with my mhealth AI which analyses patients’ symptoms, and medication use, to facilitate health using our unique algorithms. It was also our first product to deliver the automated annual review, which reduces the time for this to be delivered in primary care by 75%.

Main Functions

- Asthma Action Plan
- Online Medication Diary
- Symptom tracking via ACT
- Online Peak Flow diary
- Inhaler, nebuliser and spacer videos
- Prescription assessment
- Hay Fever Score
- Weather, Pollen and Pollution forecasting
- Comprehensive individualised education course
- Allergy Alert Card
myHeart

myHeart is a comprehensive platform for patients suffering with heart disease, and for those who have undergone recent heart surgery.

The App delivers an individualised self-management and cardiac rehabilitation platform that is customised to the individual. Using our award-winning rehabilitation platform, and integrating over 50 new Education videos, myHeart brings the very best support to patients suffering with these conditions. Like all our applications, myHeart comes complete with a clinician interface enabling remote care, at scale to this population.

Conditions covered

- Heart Failure
- Angina
- Heart Attack
- Post PCI
- Valve Replacement
- Valve Repair
- Coronary Artery Bypass Graft Surgery
- Valvular Heart Disease

Key Features

- Full cardiac rehab program relevant to the condition
- Post-surgery recovery program
- Lifestyle and risk factor interventions
- Store and view ECG and ECHO reports
- Comprehensive individualised patient education course
- Post-surgery and post-heart attack educational course
myTelehealth

myTelehealth enables telehealth teams to activate telehealth functions in our disease management apps. This app is used with the my mhealth long term condition (COPD, Asthma, Diabetes and Heart disease) apps and enables the comprehensive monitoring required by telehealth services.

Self-management, rehabilitation, comprehensive education and telehealth in a single system. Costs are significantly reduced compared to other telehealth service (by almost 70%) because the platform can be used on almost any device that can connect to the internet without the requirement to purchase expensive product specific equipment.

Key Features

myTelehealth enables the monitoring of:

- Blood Pressure
- Oxygen Saturations
- Pulse Rate
- Temperature
- Weight
- Sputum Colour
For the clinical service we enable real time 2-way messaging and video conferencing between the clinical team and the patient.

We also provide a local telehealth tile which contains information about your service, as well as local information relevant to the patient.

The patient list enables you to monitor your patient population and rapidly identify if patients are on or off target.

The patient profile in myTelehealth provides access to comprehensive charts and trends, and disease specific metrics.
The switch app button

The switch app button, within each app, allows patients with multiple morbidities to move between applications seamlessly and instantly. Providing a comprehensive solution from a single user login.
What we do for clinicians

“We enable clinicians to manage patients remotely, efficiently, and at scale. Improving patients’ access to healthcare and reducing inequality.”
Clinical interface

Imagine being able to manage and support your patient population at scale, using up to date, co-scripted data. Well, this is now possible using the my mhealth clinical dashboard. Let’s start with the patient list.

Patient list

The patient list, is where clinicians manage, search and organise their patients. It is dynamic, allowing clinicians to order patients according to symptoms, QOL (Quality of life), or severity. For example, you can prioritise patients with COPD or Asthma, according to their exacerbations status, or for patients with Diabetes you can find out instantly who needs their annual eye check, and when, or order patients with the highest HbA1C. Each condition, has an optimised patient list with all this functionality integrated. For example, if you are running a pulmonary, or cardiac rehabilitation course remotely, you can find out which patients are exercising, and how far they are through the education program; enabling clinicians to be active in the rehabilitation of hundreds of patients, many of whom find access to face to face rehabilitation difficult.

Notifications

From the patient list you can send a message to an entire, disease specific, patient population, for example send a message to your asthma patients that the flu vaccine is now available.
Map function

For patients with COPD it might be important for you to review visually the exacerbation burden in your community, or to assist the prioritisation of visits from community clinicians. You can do this using the map function.
Patient profile

Clicking on an individual, brings up the patient profile screen. This screen provides in a single page, the most important data required to manage that patient's condition.

For example, if a patient is using myCOPD, it will show you their inhaled medication, pulmonary function, vaccination status, smoking status etc.

From the patient profile page, you can access the patient menu. The patient menu provides the following function:

- Change medication e.g. swap inhalers
- Set individual patient targets
- Access patient reports e.g. QOL scores, blood pressure, lung function, glucose trends etc.
- Change disease and demographic details
- Send a message to the individual patient
- Set up an appointment
- Conduct an annual review

Each change made by the clinician in the patient profile within the clinical interface, automatically updates the content in the patient app.
A clinician has noticed in the patient list that their patient’s symptoms are severe. Accessing the patient profile page, and the patient’s CAT (COPD Assessment Test) reports, they notice that the symptoms have been worsening over some time.

The clinician decides to change the patient’s inhaler. The patient receives a notification through his myCOPD app that the inhaler has changed and that they need to pick up a new prescription.

When they next login to the myCOPD app, the patient views the new inhaler video to learn how to use their new device, reading their self management plan they can see how often, and when, and in what circumstances they are required to use it.

The clinician can now assess the impact of their prescription change by monitoring the patient’s symptoms and CAT scores in reports.
About our apps

We use Web and Native App technology. At my mhealth we make sure that the user experience for both patients and clinicians is always amazing.

Our powerful platform works beautifully on any device connected to the internet, from smartphones to smart TVs. All you need is one of the following:

- Internet Explorer 11 or above and Edge
- Chrome 43 or above;
- Chrome 53 for Android;
- Firefox 36 or above;
- Safari 9.0 or above;
- Opera 33 or above;
- Safari and Chrome for iOS 9.0 or above
- Apple and Android App Store
- Xbox one and PlayStation 4
Peace of mind

my mhealth operate under strict information governance, clinical governance and security protocols. NHS Digital have assessed our privacy policy, terms & conditions, and data security; and have awarded us NHS approved status. All of our Apps are also registered with the MHRA. MHRA, CE marked and are available in the NHS Apps Library.

Evidence base for our online PR programme published in BMJ Open (Bourne S, et al, BMJ Open 2017;7)

NHS Apps Library
Find digital tools to help you manage and improve your health

my mhealth
my mhealth: myasthma
my mhealth: mycopd
my mhealth: mydiabetes
my mhealth: myheart

Baby and Child First Aid
The British Red Cross Baby and Child First Aid app provides simple, easy-to-learn skills to ...
First aid Pregnancy and baby
Free

Our assessment makes sure only safe and secure apps are published in our library.

App developers
Find out how you can get your mobile health app published in the NHS Apps Library.
Digital Transformation Team

The my mhealth Digital Transformation Team have been working within providers, services and CCGs assisting their transformation from current service delivery, to digitally enabled patient pathways. Our clinicians work with local teams and appraise their current pathways to identify where the Apps will be distributed, and implemented. Our experienced account managers then assist with the deployment.

Digital transformation takes place over 3 stages.

**System activation**  **Clinician activation**  **Patient activation**

Deployment of the patient Apps normally starts within 2 months of contract signature.
Unlimited unlocks the potential to transform the way we currently deliver services to our patients suffering with long-term conditions. Unlimited enables clinicians and digital champions to distribute licenses to all patients with these long term conditions within their contracted area. Unlimited also includes full IT and IG support, clinical/administrator training and access to a dedicated account manager for the duration of the contract*.

Unlimited transforms the way we look at digital health technology, from how we fit this within our current pathway, to how can we transform services around the product to deliver population level changes in health care delivery and outcomes.

**Unlimited covers:**

COPD,

Asthma,

Type 1 and Type 2 Diabetes,

Heart failure,

Post acute cardiac event,

full pulmonary and Cardiac Rehabilitation,

post cardiac surgery intervention.

*Minimum contract 3 years
Now available on the Apple App Store, Google Play & the NHS App Library

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