

Enhancing Mental Health Outcomes and Clinic Profitability with Innovative Care Strategies



Presented by:
Nicholas Bryant, MD
Co-Founder and Chief Clinical Officer at Wellness Connection
Owner and Psychiatrist at Flourish Mental Health

Agenda

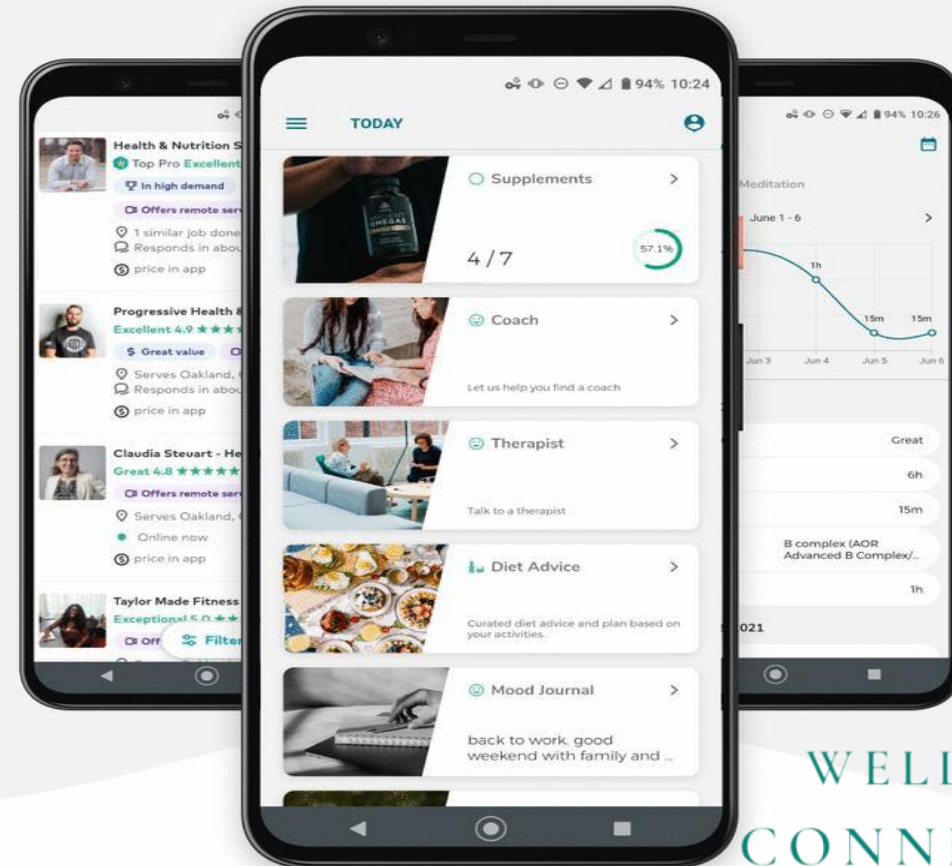
1. Patient App
2. Staff/Provider Dashboard
3. Improved Profitability
4. Research on Remote Patient Monitoring
5. Q&A

App For Patients

- **Continuity of Care** - Patient monitoring in-between appts.
- **Customization** - Configurable to the needs of a practice and their patients.
- **Connected Devices** - Automatically captures sleep and exercise as well as vital signs such as BP, weight, BS, and SpO2.
- **Mental Health Monitoring** - Tracked with patient-reported outcome measures such as PHQ-9, GAD-7, etc.
- **Patient Journal** - Many uses including gratitude journal, notes for provider, tracking diet, and any exercises recommended by the therapist.
- **Visualizing Data** - Patients can easily see their progress
- **Patient Rewards** - Boosts motivation and adherence to treatment plans

Discover a New Approach to Mental Healthcare

It's time to place the power of health in your patients' hands



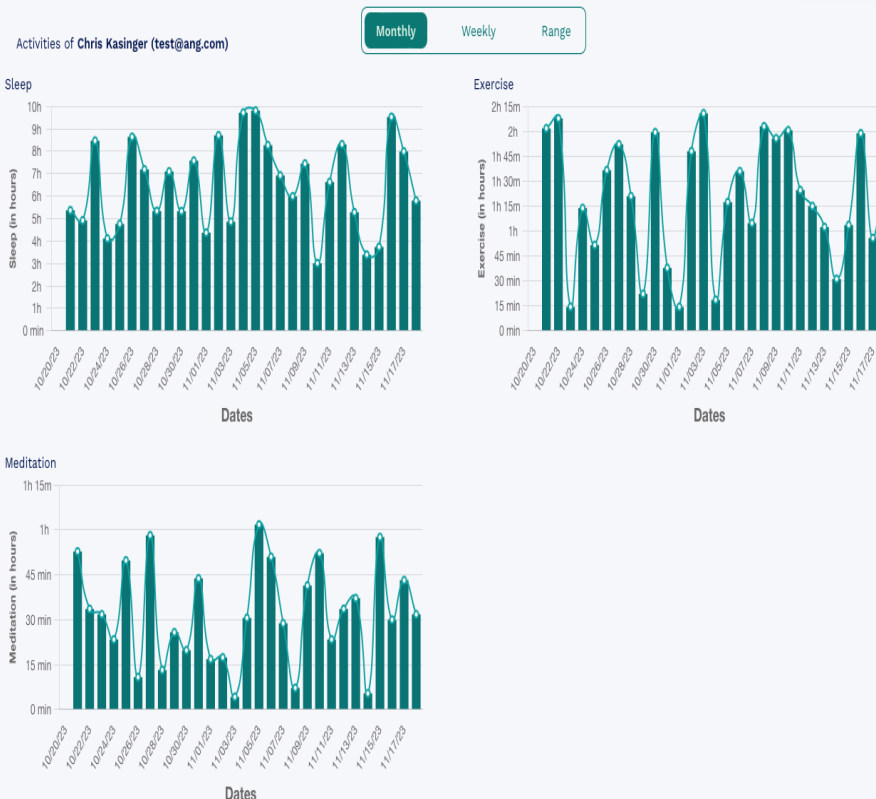
Staff/Provider Dashboard

- **Bird's eye view** - Quick insight into your patient population's health outcomes.
- **Trend Analysis** - Diver deeper into a patient's daily, weekly and monthly health data.
- **Periodic Assessment** - Choose from a library of assessments, determine the frequency and receive results in a PDF.
- **Clinical Interventions** - Send customizable notifications to an entire patient population, group of patients or individuals.
- **In-APP Timer** - Tracks staff time spent on patient monitoring which is billed to insurance
- **Alerts for Vital Signs** - Customizable limits that notify patients and staff

Search

Daily
Week
Month

Name	Provider Note	Sleep Range	Average Sleep	Mood Range	Average Mood	Status	Notes	Charts	Assessments
Chris Kasinger	Goals - Me... more	3.39 ~ 9.53	5.95	1 ~ 4	2.67	👍	📄	📈	📄
Emma Williams		3.07 ~ 9.83	7.08	1 ~ 4	2.5	👍	📄	📈	📄
Ethan Smith		4.96 ~ 9.22	7.26	1 ~ 5	4	👍	📄	📈	📄
Liam Brown		3.62 ~ 8.53	5.49	2 ~ 5	3.17	👍	📄	📈	📄
Neil Dawson		4.93 ~ 9.01	7.81	1 ~ 5	3.8	👍	📄	📈	📄
Noah Miller		3.12 ~ 8.3	5.81	1 ~ 5	2.6	🚫	📄	📈	📄
Olivia Jones		3.51 ~ 9.6	6.18	1 ~ 5	2.8	👍	📄	📈	📄
Rose Mullenix		3.69 ~ 9.79	6.47	1 ~ 5	3.33	👍	📄	📈	📄



Periodic Check up Result

WELLNESS CONNECTION

Name: Emma Williams **Email:** test@abc.com
Phone: +919674429152 **Gender:** FEMALE
Age: 30 **Date:** 06/12/23

Questionnaire: L1 - GAD7

QUESTIONS	RATING SCALE			
	Not at all	Several Days	More than half the days	Nearly every day
How often have you been feeling nervous, anxious, or on edge over the past two weeks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
How often have you not been able to stop or control worrying over the past two weeks?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
How often have you been worrying too much about different things over the past two weeks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
How often have you been having trouble relaxing over the past two weeks?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often have you been so restless that it is hard to sit still over the past two weeks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
How often have you been easily annoyed or irritable over the past two weeks?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often have you been feeling afraid, as if something awful might happen over the past two weeks?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

0-4 Minimal Anxiety
5-9 Mild Anxiety
10-14 Moderate Anxiety
15-21 Severe Anxiety

Score 15

Improved Profitability



Remote Therapeutic Monitoring

\$175 per patient / month



Remote Patient Monitoring

\$200 per patient / month



**\$20 per patient/month for measurement-based assessments
Covered by insurance**

Research on Remote Patient Monitoring



● Improved Health Outcomes

- Chronic Health Failure Management
- Metabolic Diseases/Weight Management
- COPD
- COVID-10 Symptom Monitoring
- Reduced ED visits and Hospitalizations

● Reduced Malpractice Liability

- Facilitating Communication
- Enhancing Documentation
- Adhering to Evidence-Based Practices
- Improving Patient Follow-Up and Accessibility



Research Supporting Improved Health Outcomes

1. Klersy, C., de Silvestri, A., Gabutti, G., Regoli, F., & Auricchio, A. (2009). A meta-analysis of remote monitoring of heart failure patients. *Journal of the American College of Cardiology*, 54(18), 1683-94.
2. Suter, P., Suter, W., & Johnston, D. (2011). Theory-based telehealth and patient empowerment. *Population health management*, 14(2), 87-92.
3. Vegesna, A., Tran, M., Angelaccio, M., & Arcona, S. (2017). Remote patient monitoring via non-invasive digital technologies: A systematic review. *Telemedicine Journal and e-Health*, 23, 3-17.
4. Chalupsky, M. R., Craddock, K., Schivo, M., & Kuhn, B. (2022). Remote patient monitoring in the management of chronic obstructive pulmonary disease. *Journal of Investigative Medicine*, 70, 1681-1689.
5. Annis, T., Pleasants, S., Hultman, G. M., Lindemann, E. A., Thompson, J. A., Billecke, S., Badlani, S., & Melton, G. (2020). Rapid implementation of a COVID-19 remote patient monitoring program. *Journal of the American Medical Informatics Association : JAMIA*, 27, 1326-1330.