



A Spoonful of Sugar

Improving Medication Adherence



Background

Individuals with chronic conditions who practice proper medication adherence can make a vast difference in their healthcare outcomes. Unfortunately, many people diagnosed with a chronic condition are either asymptomatic, don't feel that their symptoms warrant daily attention, or only take medications when they experience pain. This lack of immediacy can magnify long-term effects on physical and financial health.

Recognizing that this behavior is one of the largest roadblocks to long-term wellness, HealthyCapital has created a multi-faceted system of support to help improve medication adherence.

Lack of Adherence:



50% of prescriptions are either discontinued or taken incorrectly within six months.



70% of patients with 3 or more medications do not take them as prescribed.



Only 33% of all patients routinely take medications as prescribed.



1 in 5 prescriptions don't even get filled.

The net effect of this is:



\$289 billion/year in costs to the U.S. health system.

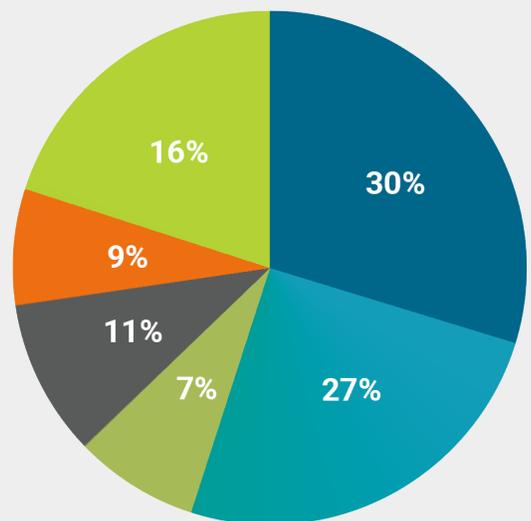


125,000 deaths annually in the U.S. due to medication non-compliance. For reference, there are 41,000 deaths annually in the U.S. due to breast cancer.

Why does medication non-compliance occur?

The most common reason patients give for not taking their medications:

- | | |
|------------------------|---------------------|
| Forgetfulness | Lack of information |
| Other priorities | Emotional reasons |
| Decided to omit a dose | Gave no reason |



Benefits Are Felt by More Than Just the Individual



People who adhered to their oral diabetes prescriptions had **1.3 times lower medical costs** than those who did not.



Workers suffering from chronic conditions, as well as individuals who are obese, use tobacco products or are physically inactive, cost employers **\$567 billion annually**.

Adherence Pays Off:

People who adhered to their oral diabetes prescriptions...



Experienced **235 fewer ER visits** per 1,000 patients.



Experienced **50 fewer inpatient hospitalizations** per 1,000 patients.



Spent nearly **\$500 less on total healthcare costs** compared to non-adherent patients.



Avoided more than **\$210 million in healthcare spending** in 2016.

HealthyCapital Helps

HealthyCapital combines the latest technology with personalized one-on-one guidance to create an easily accessible support system. Once arranged, reminders (sent through text, email, push notifications, etc.) are sent to ensure users are properly taking their medications. For those who need more than a reminder, the platform is able to refer patients to a nurse line, their physician, or additional community resources to address the root cause of their non-adherence.

HealthyCapital's programs have proven to increase adherence:



Participants in a recent medication adherence program **increased prescription commitment by 21%**.



A COPD program was able to **reduce COPD specific hospitalizations by 61%**.



In a diabetes study, average HbA1c **dropped 1.15 points**.



Used in a primary care population, the program **reduced the percentage of hypertensives (SBP > 140) by half**.



Tel: + 1 (800) 213-2147
E-mail: info@healthycapital.com
www.healthycapital.com

Sources:

1. NEJM Aug 4, 2005; 353(5): 487-97
2. Greenberg Quinlan Rosner Research Public Opinion Strategies, Lack of Medication Adherence Harms American's Health: Results from a US National Survey of Adults, May 2, 2013. https://pos.org/documents/cahc_2013_public_poll_memo.pdf
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3068890/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3234383/>
5. http://amcp.org/uploadedFiles/FMCP/Resources/FMCP_Adherence_Slides.pdf
6. American Family Physician 2011 Oct, 1:84
7. JAMA Internal Med 2016; 176-340
8. New England Healthcare Institute; Aug 2009
9. Annals of Internal Medicine. 2012; 157(11):785-795
10. Bosworth, Hayden B. Enhancing Medication Adherence: The Public Health Dilemma. Springer Healthcare. reforhealth.org
12. Express Scripts. Diabetes dilemma: U.S. trends in diabetes medication use. Report: Adherence to Diabetes Rx. 2017 Aug 25.
13. Center for Chronic Disease. Science-in-Brief: Mobile Telephone Text Messaging for Medication Adherence in Chronic Disease: A Meta-analysis. 2016 April. https://www.cdc.gov/dhdsp/pubs/docs/sib_april2016.pdf
14. <https://www.researchprotocols.org/2017/5/e87/>
15. <http://content.epharmix.com/Epharmix-White-Paper-EpxCOPD.pdf>
16. <https://diabetes.jmir.org/2017/2/e15/>
17. <https://cardio.jmir.org/2017/2/e2/>