

Care4Today® Sharp Healthcare System

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Top 3 Reminder Apps (U.S. News and World Report – April 2015)¹

FiercePharma - Listed as a top Pharma App, June 2015 ²

Named an “Essential Resource” by NTOCC – National Transitions of Care Coalition ³

This document is presented for informational purposes only and is not intended to provide reimbursement or legal advice, nor does it promise or guarantee coverage, levels of reimbursement, payment, or charge. It is not intended to increase or maximize reimbursement by any payer. Laws, regulations, and policies concerning reimbursement are complex and are updated frequently. While we have made an effort to be current as of the issue date of this document, the information may not be as current or comprehensive when you view it. We strongly recommend you consult the payer organization for its reimbursement policies.

This promotional educational activity is not accredited. The program content is developed by Janssen Pharmaceuticals, Inc. Speakers present on behalf of the company and are required to present information in compliance with FDA requirements for communications about its medicines.

Agenda

- Adherence overview video
- Sharp Adherence Research Study
- Care4today Mobile Health Manager within Diabetes
- Brief tutorial and implementation discussions
- Question & answer

Most commonly cited reasons for non-compliance (NCPA 2013):

- Simply forgetting (40%)
- Running out of medication (failure to refill)
- Travel
- Affordability
- Side effects

*Source (NCPA 2013): <http://www.ncpanet.org/pdf/reportcard/AdherenceReportCard>



Video: Digital Solution To Better Health



<https://www.care4today.com/mhm>

Shayna Kelleher, LCSW
Clinical Research Specialist & Program Manager
Care4today Sharp Healthcare System

Overview: Sharp HealthCare System

- Not-for-profit integrated, regional health care delivery system with four acute-care hospitals, three specialty hospitals, two affiliated medical groups, a full spectrum of other facilities and services, and a health plan
- Serving population of 3.2 million in San Diego County, 2600 affiliated doctors, more than 17,000 employees
- Sharp Mesa Vista Hospital: Largest provider of mental health and substance abuse services in the San Diego community, providing full continuum of behavioral health services to adults, seniors, children and adolescents

Study Rationale

- Adherence to multiple medications within the schizophrenia or schizoaffective outpatient setting
- Seeking real-world validation of digital solution that offer medications and other reminders
- Research project established with Janssen Research and Development LLC, pharmaceuticals on Care4today Mobile Health Manager to study how to address these issues



Care4today Research Implementation

- Pilot program at Sharp Mesa Vista Hospital
- Population: 76 participants ages 18-65 diagnosed with either schizophrenia or schizoaffective disorder in an outpatient setting
- Began as implementation of 10-week psychoeducational class model
- Included iterative testing and learning of the Care4today mobile medication adherence solution



Experience at Sharp: Setting-Up Care4today (In Study)



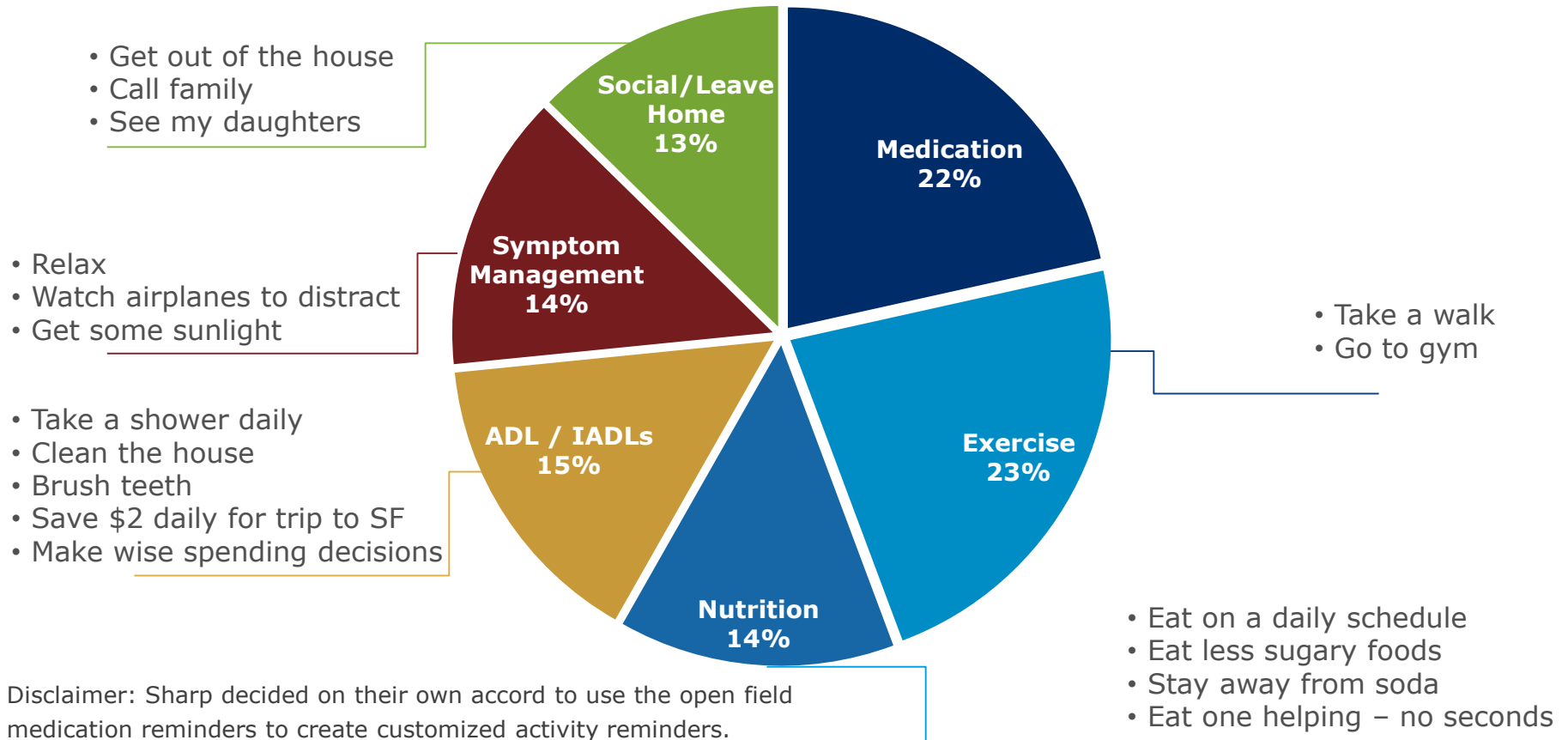
Site Implementation Guide



- 1) Appoint a Care4today champion
- 2) Much depends on baseline technology literacy of target population
 - Possession of smartphones can be a good proxy; C4T training for those with smartphones not difficult
 - If low level of familiarity, training on basic phone use can be very time consuming
- 3) Staff and patients should jointly work on choosing and setting-up goals
- 4) Staff should have use of dashboard time to review patients – and touch base – as part of regular (e.g. weekly) tasks; regular patient check-ins needed (esp. at beginning) to reinforce use, answer questions

***Sharp Deployment helped creation of Site Implementation Guide**
(Found within AMGA Toolkit)

How Sharp chose to use open text medication reminders (In Study)



Disclaimer: Sharp decided on their own accord to use the open field medication reminders to create customized activity reminders. Janssen has not approved Care4today for use, which was independently deployed by Sharp during the study

Observations of Sharp

Observation	Possible Considerations
<p>If medication trackers are not reviewed with patient, response rate may decrease. Engaged patients may utilize reminder features more.</p>	<p>→ Consider discussing medication reports during follow-up visits. Potentially utilize in-app reports and email these to share medication adherence reports. Updated/change medications when regimen switched to stay relevant</p>
<p>Responding to reminders throughout the day could be confusing</p>	<p>→ HCPs teach creation of habit to record activities completed at set times</p>
<p>Care4Charity feature effectively served as reinforcement for use to engage patients.</p>	<p>→ Think about adding creating a unique medication tracker during follow-up visits that to encourage engagement</p>
<p>Care4Today could be used effectively by population with schizophrenia disorders once basic phone skills were mastered</p>	<p>→ Care4today might be effective to manage medication and goals across broad range of patients types</p>

Disclaimer: Care4family nor emailed reports were part of this study and these images are only shown for context around the Sharp study



Care4Charity



In-App Emailed Reports

Care4Today® Diabetes Specific Populations

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Analysis of Care4today® Data: Use of a Mobile Health Management Application to Manage Multiple Chronic Disease Medications

Figure 2. Number of medications tracked in Care4Today per user, for active metformin users (N=272 users)

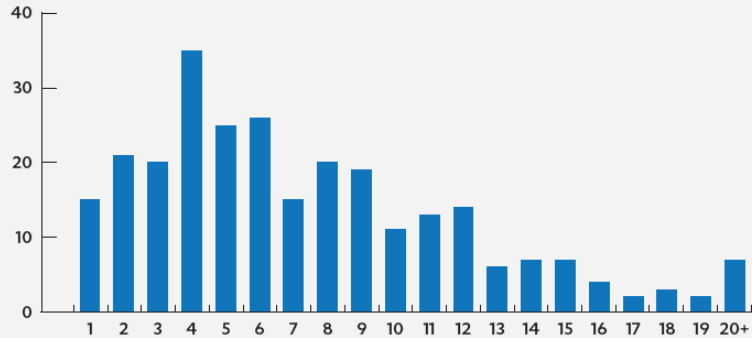
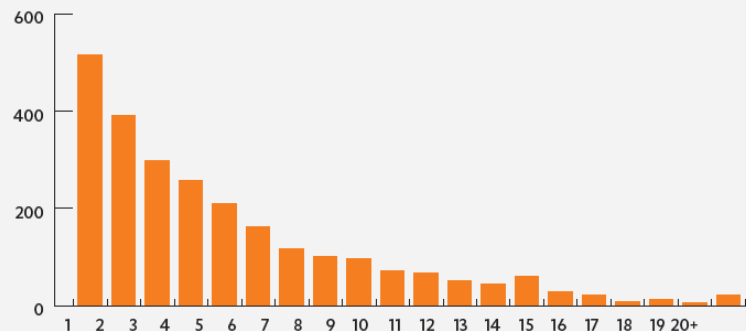


Figure 3. Number of medications tracked in Care4Today per user, for active non-metformin users (N=2,504 users)

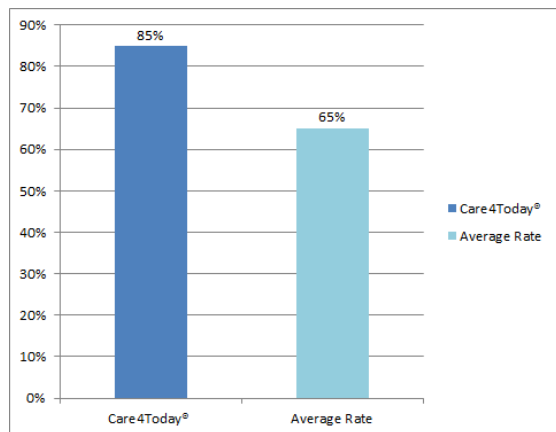


- Analyses focused on metformin use, as metformin is among the most common treatments for diabetes. Diabetes is one of the most highly prevalent chronic diseases and requires chronic medication use – and often polypharmacy given the presence of comorbidities
- Descriptive analysis combining data from a 6-month cross section of app users, with separate app user survey data. De-identified, self-reported data from active C4T users from 6/15/15–12/15/15 were analyzed
- All medications being managed in the application were tracked. Patients were grouped by whether metformin was part of their regimen, as well as the total number of medications managed (1, 2-3, 4-5, 6+)

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Conclusions:

Use of a Mobile Health Management Application to Manage Multiple Chronic Disease Medications



- Active Care4today users (both metformin and non-metformin users) marked approximately 85% of their medications as taken, which is higher than the 60-70% rates of medication adherence typically reported in the literature.
- Users managing 6+ medications marked more medications taken than those managing fewer medications, suggesting the utility of a mobile health application for staying on a medication schedule for patients with multiple chronic diseases.
- Active C4T users sustained their engagement over several month (approximately 8 months on average), and recommendation of C4T by a health care provider led to greater user retention.

Limitations:

- Active users are defined as those who marked at least 30% of medication reminders as taken and comprised 272/309 (88.0%) of metformin patients and 2,504/3,017 (84.2%) of non-metformin patients.
- Data on medication use are self-reported by patients and could not be validated using pharmacy claims or other data sources
- Future research that compare self-reported medication use data from the App to pharmacy refill claims data are needed
- Medication tracking data and survey data were not based on the same cohort of users.

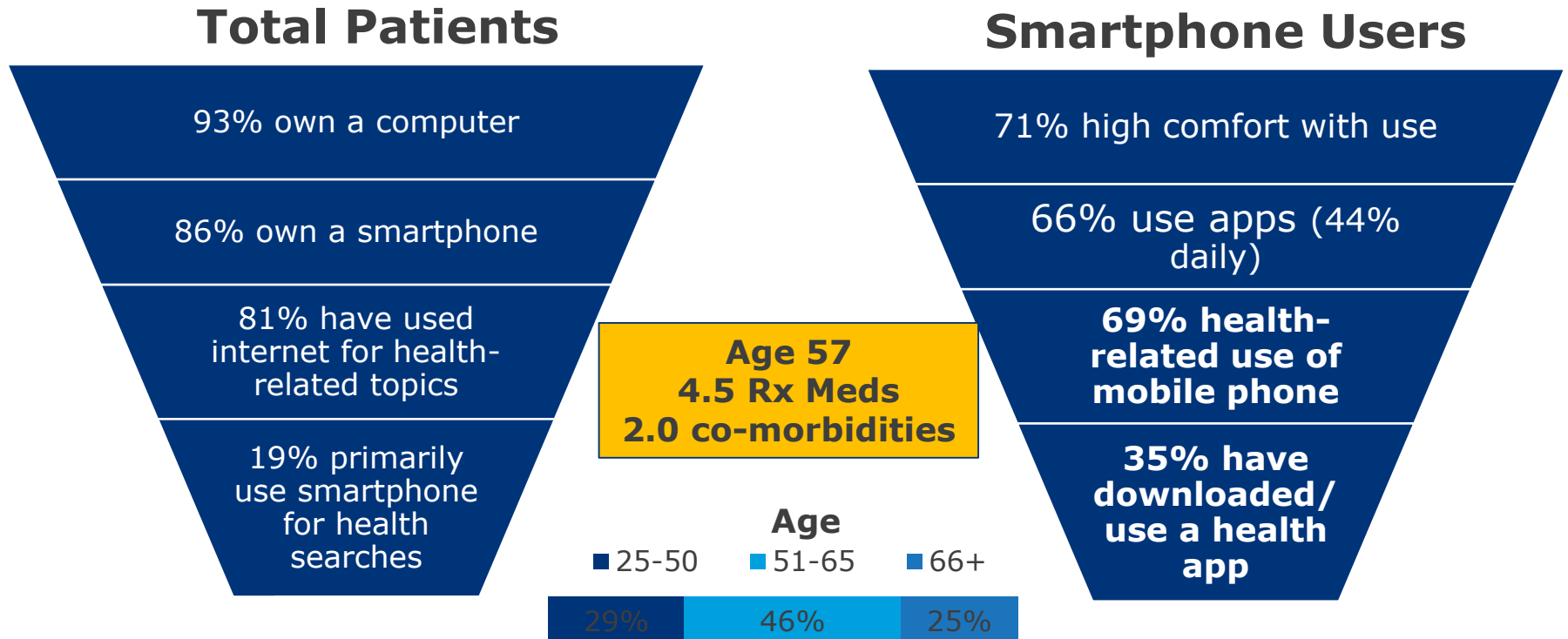
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App Utilization Diabetic Patients Overview

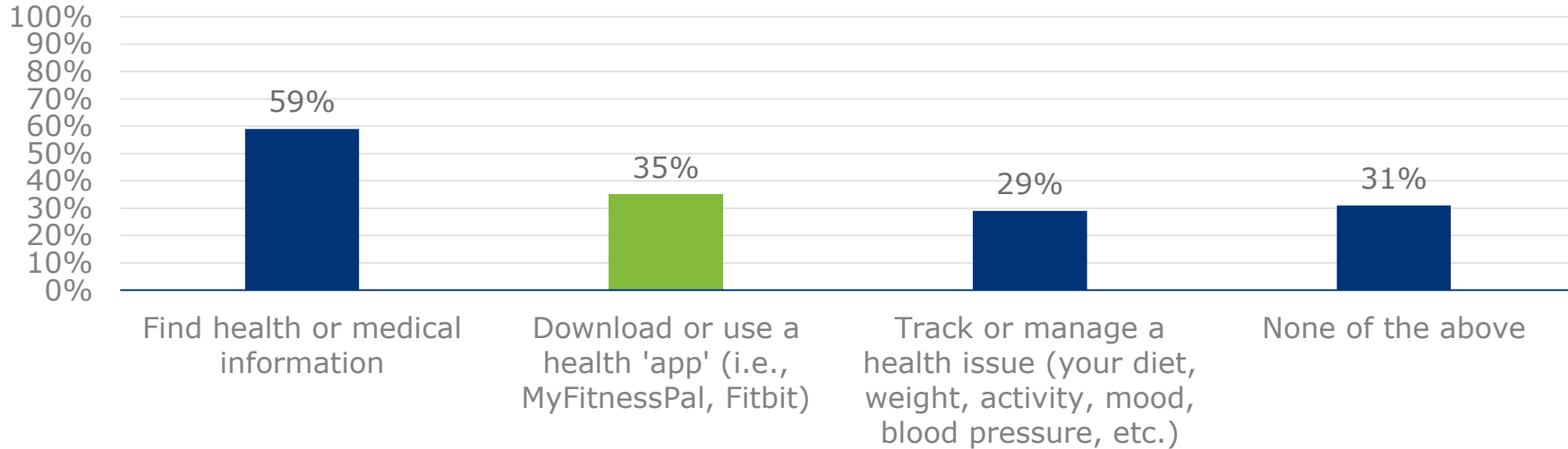
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Market Research: Diabetes Summary

Diabetes patients have a high level of technology literacy and comfort using smartphones; health app use is still limited



Health-Related Uses of Mobile Phone

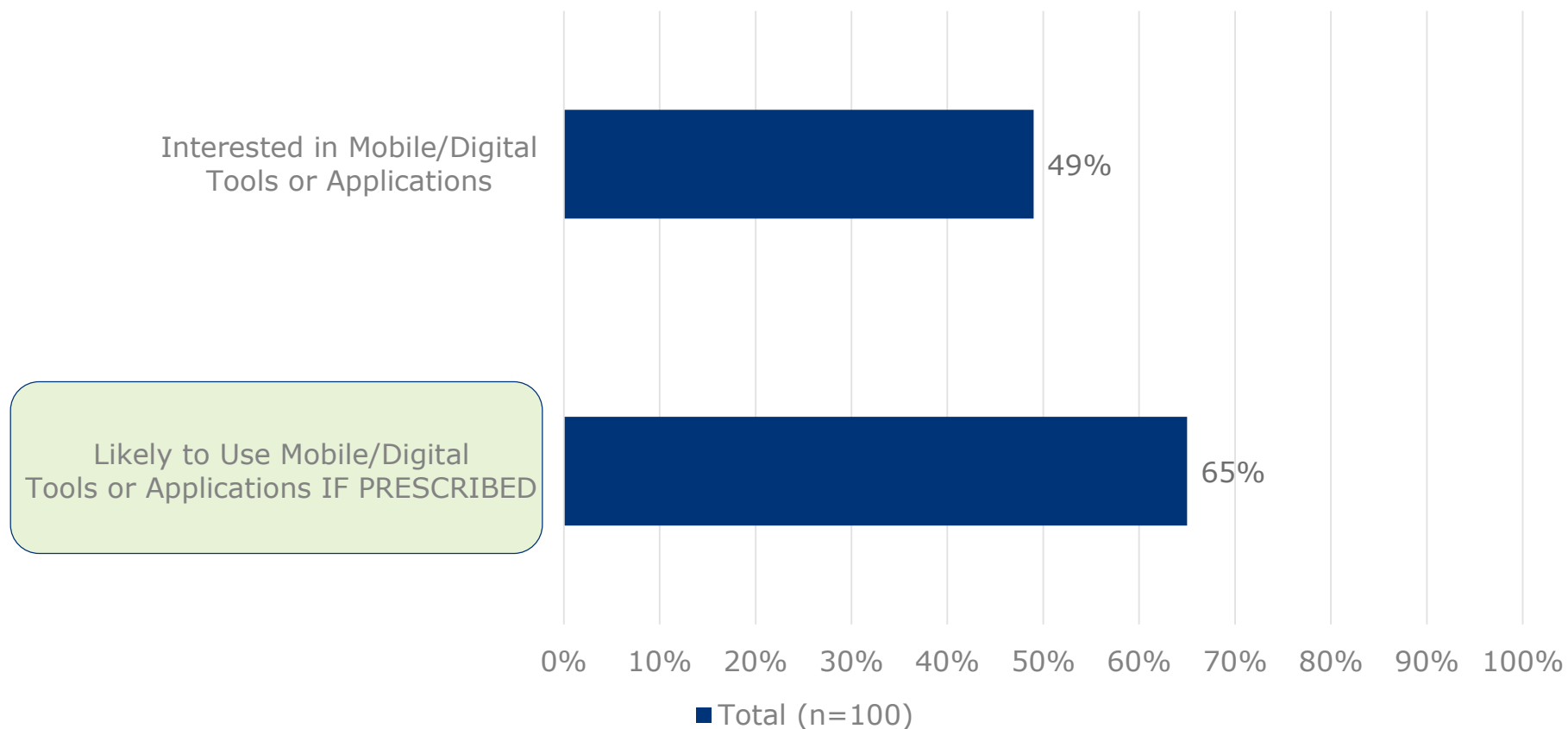


Health-Related Apps Currently Used

Consumer Health Alliance	Google Fit	MyChart	SparkPeople Mobile
Diabetes Connect	Healow	MyFitnessPal	Symple
Express Scripts	Health (Apple)	mySugr	Walgreens
Fitbit	Lose It!	Rise	WebMD
Fitnet	MapMyWalk	Runkeeper	Weight Tracker
GoodRx	MobiHealthNews	S Health	Various monitoring devices

Recommendation by HCP increases likelihood to use diabetes management apps

Mobile/Digital Tools and Product Concept: Interest and Likelihood of Using (Top-2 Box %)



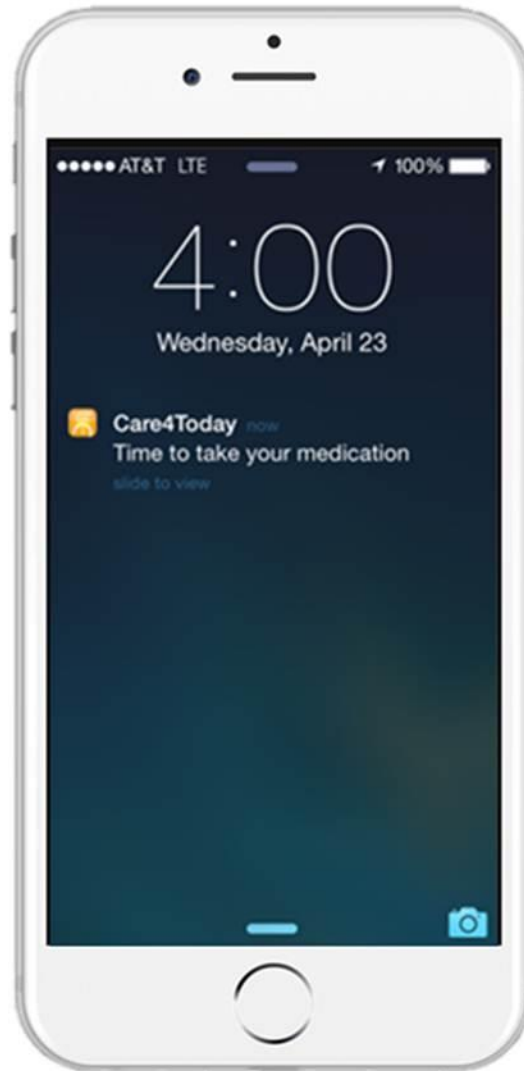
Overview

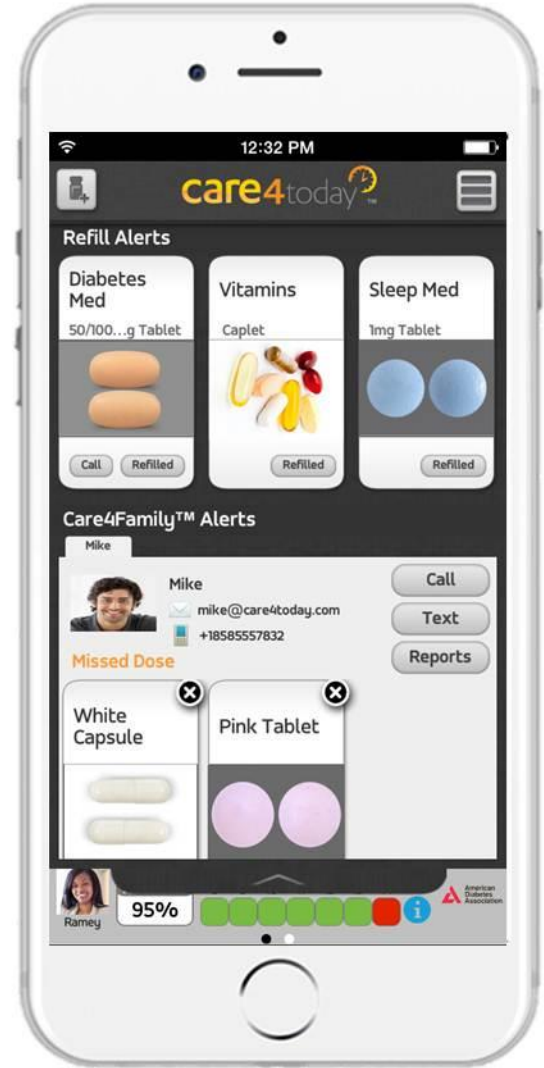
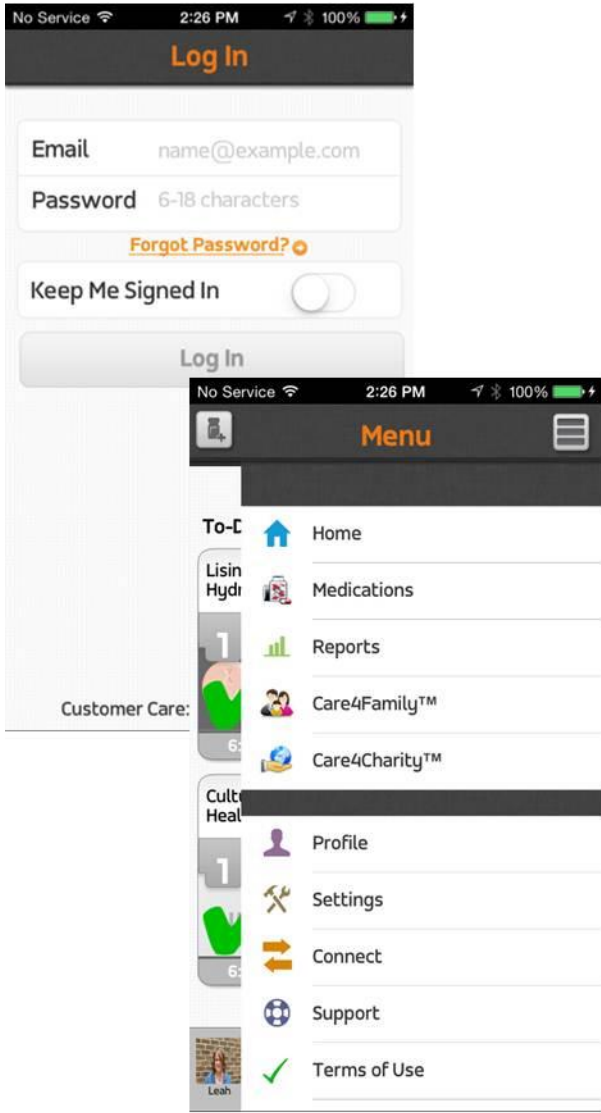
Care4today[®]
Mobile Health Manager

Across devices

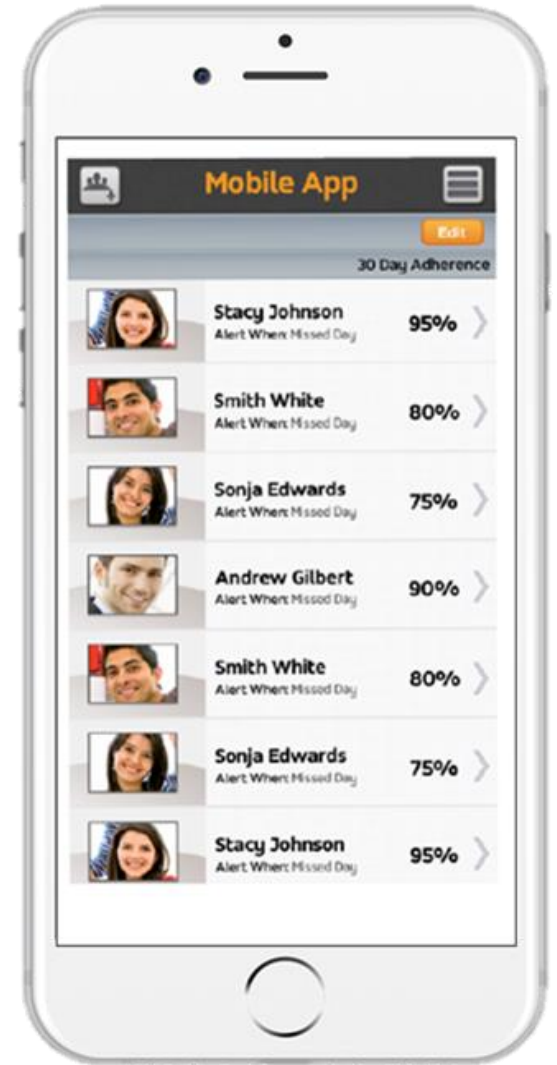


Reminders





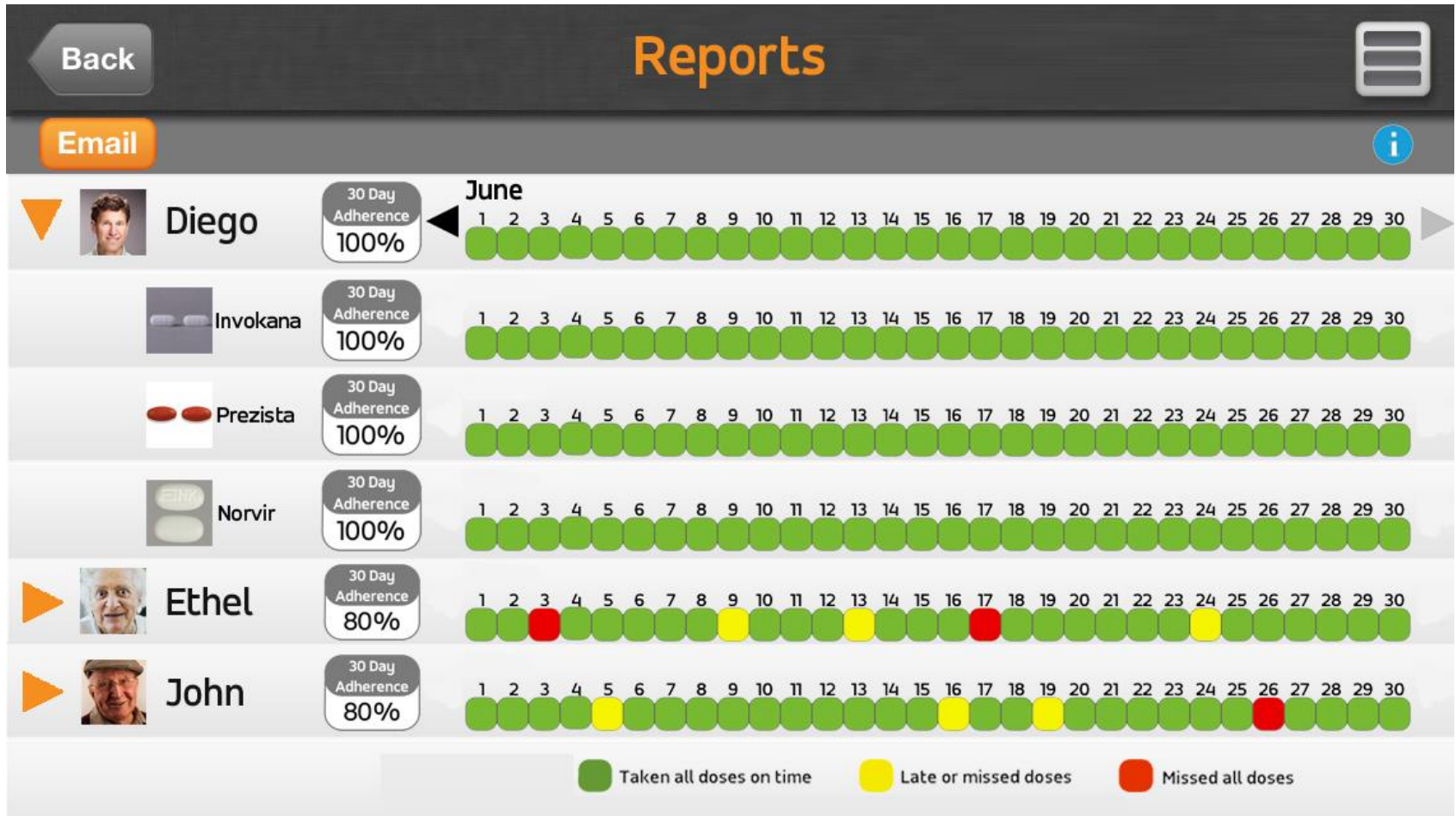
Care4Family®



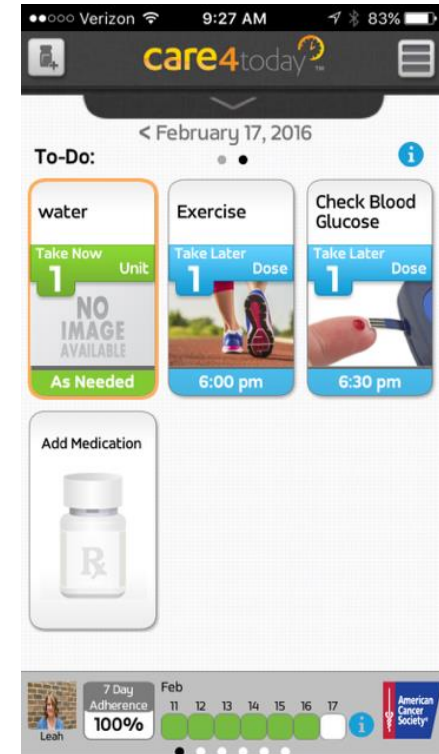
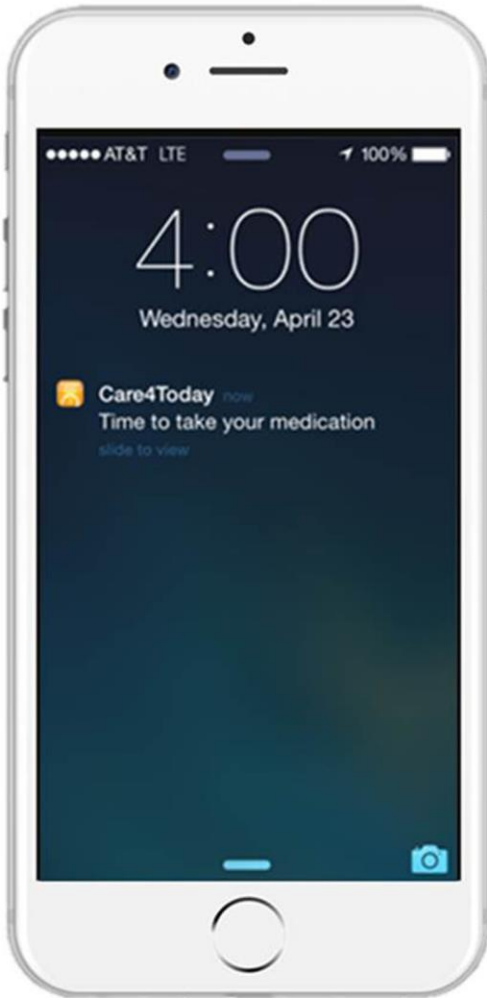
Care4Charity®



Adherence Reports



Set Diabetes Specific Reminders



Care4today® Resources: Part of Janssen Carepath Healthy Engagements

Care4today: Tool Overview

It's **MORE** Than Just Reminders



Care4Today® Mobile Health Manager harnesses the power of mobile technology to help patients manage their medication schedules and more, across smart and feature phone platforms. The app is available in multiple languages in the US and abroad. Over 375,000 downloads, thousands of users* sending over 190,000 reminders/day.

375K downloads

190K reminders/day

Care4Today® Mobile Health Manager lets you:

- Enter your medication from your mobile phone or computer
- Set up medication reminders
- Schedule prescription refill reminders
- Track how often you take your medication
- Share information about your medication usage with your doctor
- Care4Family® gives loved ones the ability to support one another by encouraging them to take medications on schedule.
- Care4Charity® allows people who take care of their own health to make a positive difference in the world.

To learn more or download the free app, visit care4today.com/mhm



care4today.com/mhm

Step by Step Implementation Guide

1.2 Basic Navigation of the App

Single tap

any green or yellow tile to indicate taken.



Dose indicator

The number of pills to take is displayed by the dose indicator in the tile and not by the number of pill(s) in the image.



What is the color-coded system?

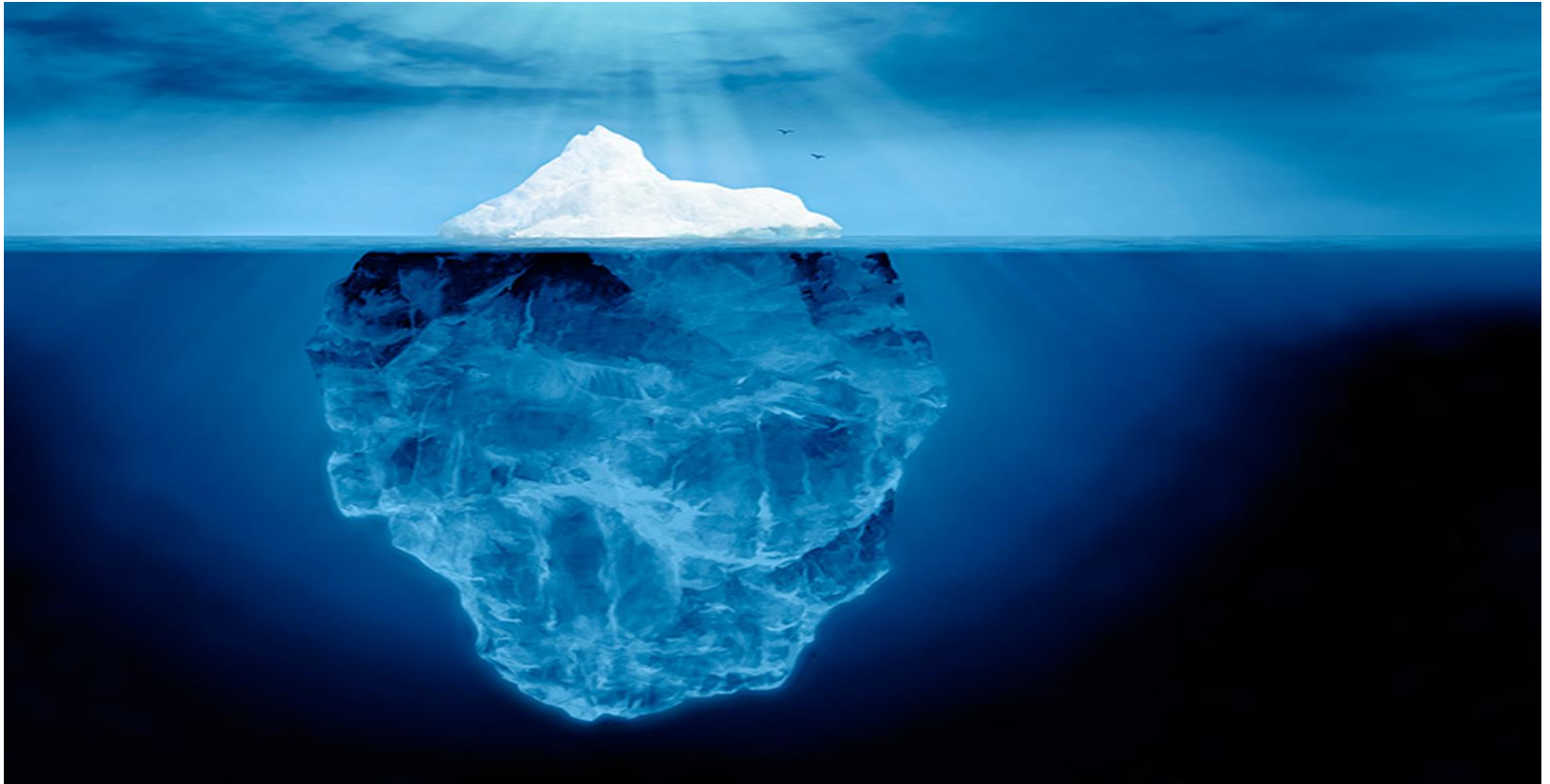
The reminder tiles are color-coded to indicate when it is time for you to take your medication, and changes color based upon how long before or after it is from that time.



Medication tile colors

- Take now (30 minutes before scheduled time)
- Late (1 hour after scheduled time)
- Missed (3 hours after scheduled time)
- Future dose

Medication Reminders and reports are just the tip of the iceberg for what patients and healthcare teams would like....



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Care4today® Connect App + Provider Portal

Care4today® Connect aspires to leverage our current capabilities and mobile technology to transform the current Mobile Health Manager from a self-reported medication and activity adherence tool – to a broader, overall patient plan adherence tool.



Upon approval, a full migration to the new app will follow

Features Currently Planned to include (subsequent to change):

- Medication and activity adherence reminders
- Self-Measured, disease-related biometric trackers
- Dashboard connection to Health care professional

Disclaimer: The Care4Today® Connect Solution is under development and subject to internal review and approval. As such, it is not yet commercially available.



TOOLS AND RESOURCES

to support patient engagement and help address healthcare challenges



HealthLITERACYLibrary

Facilitate the collaboration between patients and providers to improve the quality of diabetes care.

The Health Literacy Library provides educational resources that empower and inform people living with type 2 diabetes (T2D). Topics include managing blood glucose, setting and meeting health goals, understanding care team roles, and knowing the impact of lifestyle decisions on health. The library also offers provider resources covering topics such as best practices in care coordination and information on quality management trends.



QualityPATH

Identify areas of excellence and opportunity within your T2D patient population.

QualityPATH (Population Analyzer Tool for Health systems) segments and prioritizes your patient populations to support the improvement of healthcare outcomes in T2D. The software evaluates your EHR and claims data to identify gaps in T2D care. It generates actionable reports to guide and monitor improvements in your quality metrics.



DiabetesDECISIONAid

Adopt a patient-centered approach to treatment planning by using shared decision making to engage your patients with T2D.

The Diabetes Decision Aid is a digital shared decision making tool that helps patients understand their T2D treatment options. The tool promotes better dialog between patients and their healthcare providers when making treatment decisions. Shared decision making may improve adherence by incorporating patient preferences into the medication decision making process.^{1,2} The tool is available in both English and Spanish.



Impact adherence with the power of mobile technology.

Care4today Mobile Health Manager harnesses the power of mobile technology to help patients manage their medication schedules and more, across smart and feature phone platforms. The app is available in multiple languages in the US and abroad. Over 375,000 downloads, thousands of users* sending over 190,000 reminders/day.



DigitalHEALTHCoaching

Deliver highly personalized, insight-driven behavior change programs to help your patients with T2D focus on their health and wellness.

Digital Health Coaching uses the science of behavior modification to help people living with T2D learn the simple and sustainable action steps needed to better take care of themselves. Individually tailored modules that emulate a live health coach focus on dealing with chronic conditions, maintaining a healthy weight, and living well with T2D.



Help transition your care providers to a patient-centric, chronic-care model.

The Johnson & Johnson Diabetes Institute provides a unique professional education approach that consists of in-person training and online resources. CORE (Changing Outcomes With Resources and Engagement) programs train healthcare professionals on the best science and evidence to improve care for people with diabetes.

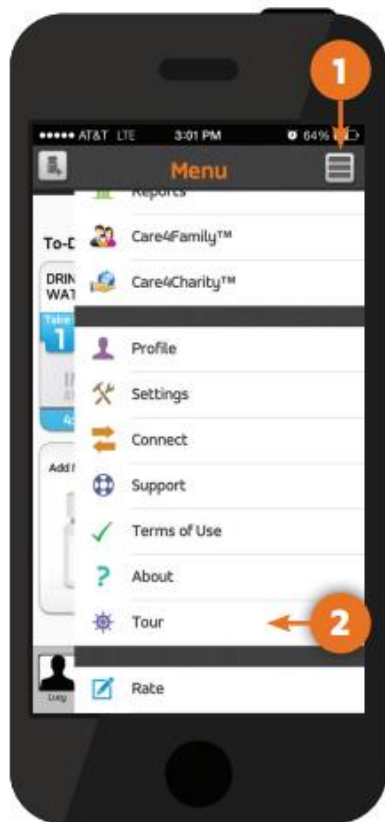
If you are interested in learning more about any of these programs, visit CarePathHealthyEngagements.com or call your Janssen, Lifescan, or Animas Account Director to set up an informational meeting.

Appendix

Care4today Tips and Tricks



HOW TO TAKE A TOUR OF THE APP



STEP 1

Open app and tap on **Menu** tab.

STEP 2

A list will populate where you can tap on **Tour**.

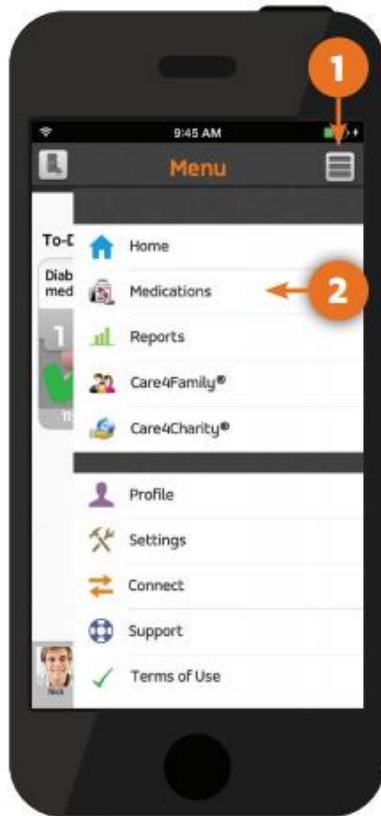


STEP 3

Swipe through to get a tour of the app.



ADDING A MEDICATION & CUSTOMIZING

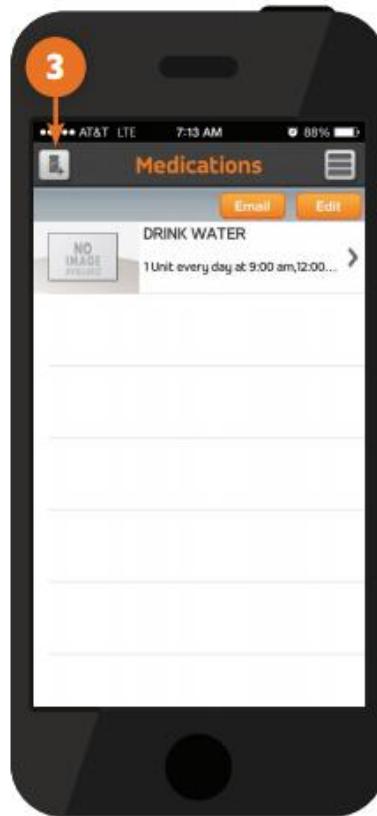


STEP 1

Open app and tap on **Menu** button.

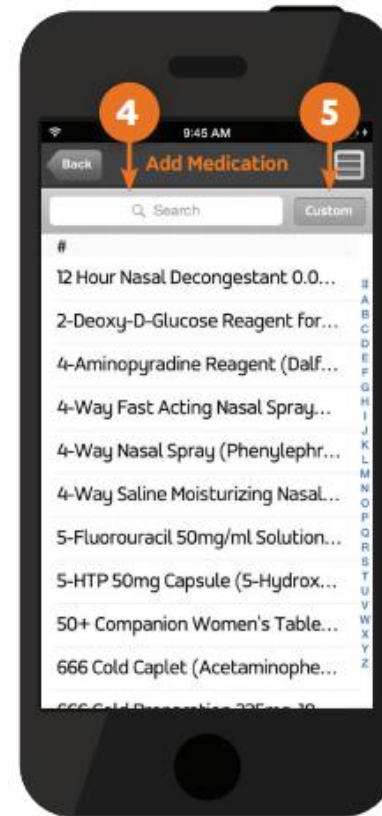
STEP 2

A list will populate where you can tap on **Medications**.



STEP 3

Tap on **Add Medication** button.



STEP 4

You can search and add medications from the populated list...

STEP 5

Or tap **Custom** if your medication isn't listed or you would like to customize a reminder.



Basic Medication

Single tap

any green or yellow tile to indicate taken.



Dose indicator

The number of pills to take is displayed by the dose indicator in the tile and not by the number of pill(s) in the image.



What is the color-coded system?

The reminder tiles are color-coded to indicate when it is time for you to take your medication, and changes color based upon how long before or after it is from that time.



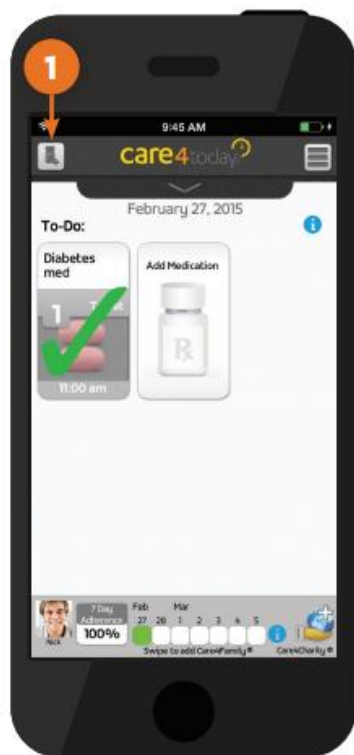
Medication tile colors

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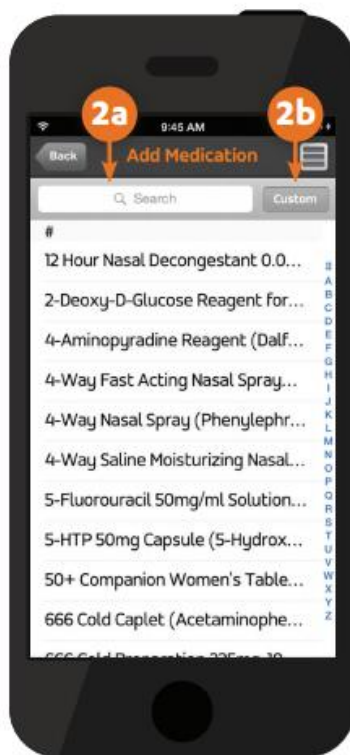
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Mobile Health Manager

REFILL REMINDER



STEP 1

Open app and tap on **Add Medication** button.

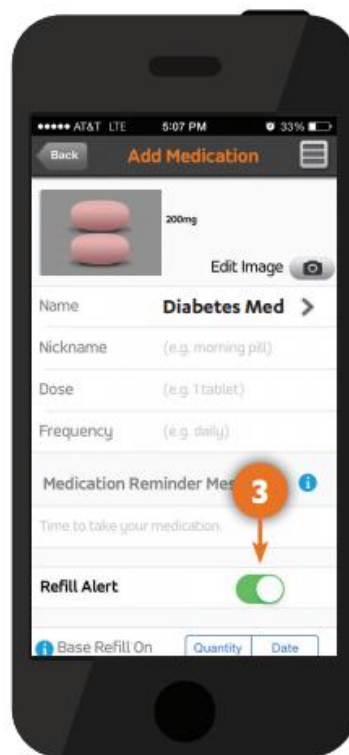


STEP 2a

Search from populated list or...

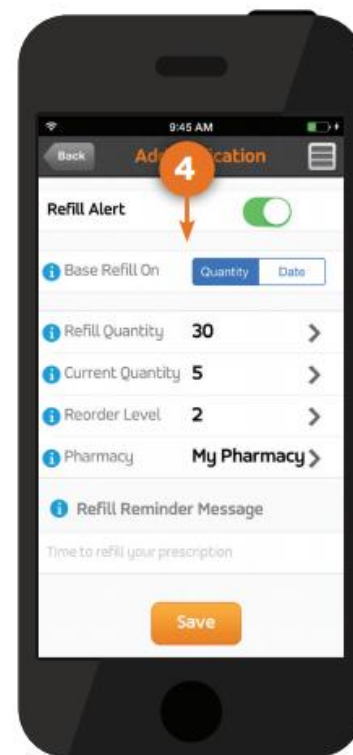
STEP 2b

Custom Add a medication.



STEP 3

Simply switch on the **Refill Alert** by sliding the toggle from left to right.



STEP 4

Set up refill parameters to get a refill reminder.

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Janssen Research & Development, LLC

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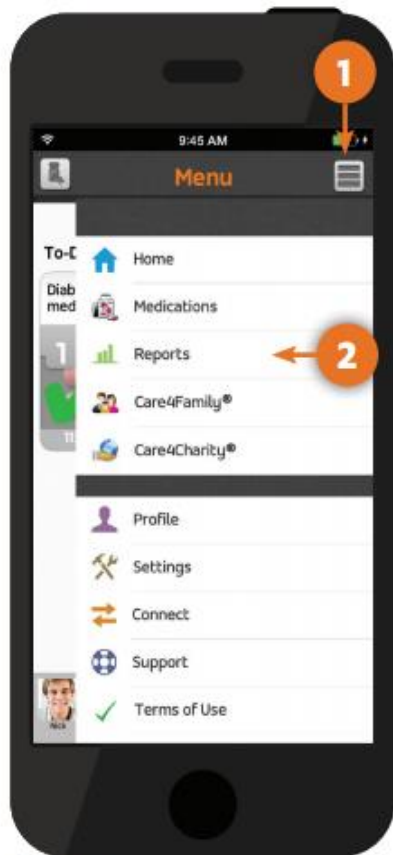
janssen

car

care4today



LOOKING UP MONTHLY REPORT



STEP 1

Open app and tap on **Menu** button.

STEP 2

A list will populate where you can tap on **Reports**.



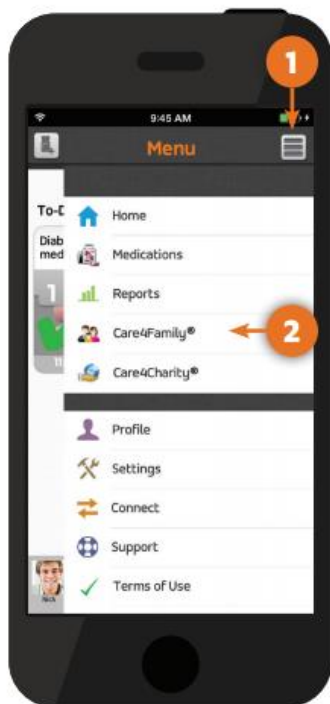
STEP 3

Your monthly report will then show up.



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Mobile Health Manager

ADDING A FAMILY MEMBER (CARE4FAMILY[®])



STEP 1

Open app and tap on **Menu** button.

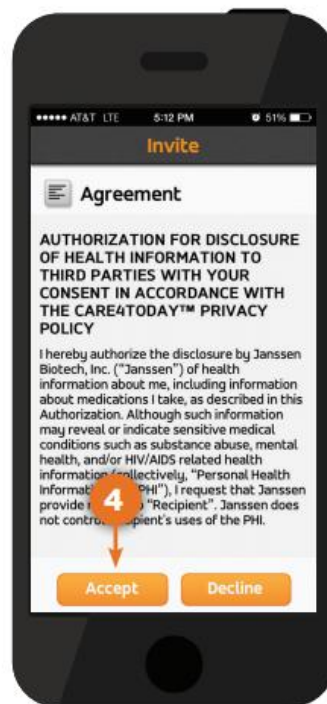
STEP 2

A list will populate where you can tap on **Care4Family**[®].



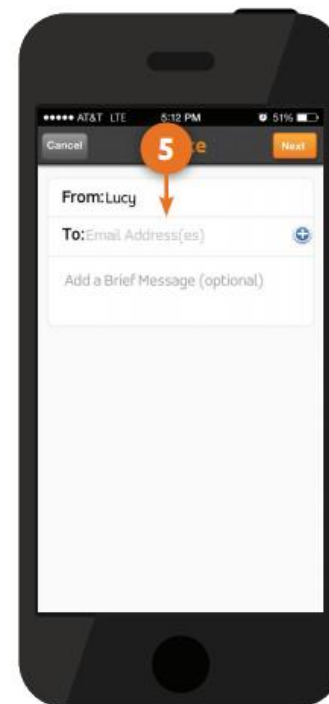
STEP 3

Tap **Add Care4Family**[®].



STEP 4

Accept agreement.



STEP 5

Invite family members or friends.

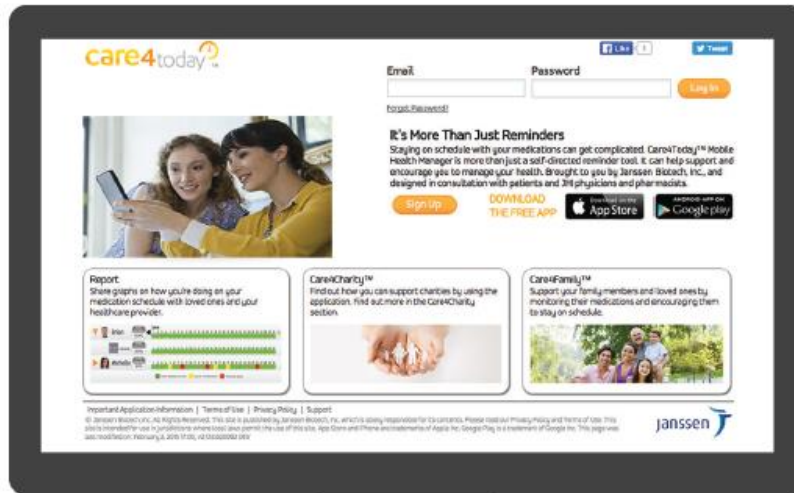
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3 Feature Phone Setup on Care4Today® Mobile Health Manager

- 3.1 Access the web portal at mhm.care4today.com (NOTE: Feature phones (SMS/Text Messaging) is set up only via the Care4Today Mobile Health Manager web portal)



- 3.2 Steps to Register a Feature Phone

A screenshot of the Care4Today Sign Up form for a Feature Phone. The form is titled "Sign Up" and includes a disclaimer: "The information you provide will be used in the operation of the application in accordance with our Privacy Policy". The form fields include: Country (United States), Email (Email address), Password (Password), Phone Type (Feature Phone), Mobile Number (Mobile number), Time Zone (Only land lines) (Eastern Standard Time), and Where do you live (Address). There are "Sign Up" and "Cancel" buttons at the bottom. The Janssen logo is visible in the bottom right corner.A screenshot of the Care4Today Sign Up form for a Smartphone. The form is titled "Sign Up" and includes a disclaimer: "The information you provide will be used in the operation of the application in accordance with our Privacy Policy". The form fields include: Country (United States), Email (Email address), Password (Password), Phone Type (Smartphone), Mobile Number (Mobile number), Time Zone (Only land lines) (Eastern Standard Time), and Where do you live (Address). There are "Sign Up" and "Cancel" buttons at the bottom. The Janssen logo is visible in the bottom right corner.