xealth™

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The emergence of digital health technologies has given rise to more empowered patients and a renewed focus on their health care experience. More than 90 percent of patients say they would use physician-prescribed apps and services to help manage a chronic condition. However, tools that allow care providers to recommend digital care solutions have not kept pace with patients' desire to use them. Moreover, care providers have little visibility into a patients' engagement with and adherence to these prescribed solutions.

With Xealth, care providers can prescribe and track the use of educational health content, apps for disease management, and devices to help monitor care, all from their electronic medical record charting interface. Xealth aggregates and filters a variety of content sources in a care provider's existing workflow within the EMR, simplifying the ability to create a customized experience for the patient. Patients can access these digital health prescriptions from their current Health System's patient portal.

For care teams, Xealth provides effective insights, allowing them to monitor and track the use of digital content for educational purposes, apps for disease management, and devices to help monitor care. If necessary, care teams can even schedule reminders to help drive compliance and engagement.

This enables health systems to provide both better and more efficient care to improve patient outcomes.

To date, Xealth has made a considerable impact in how patients and physicians connect digitally delivering more than 50,000 documents, videos, programs, and services to patients.

Xealth's prescription for digital health:

INTEGRATE	PRESCRIBE	MONITOR	ANALYZE
IT/IS teams can onboard digital vendors into clinician and patient EMR interfaces in just days.	Care teams can order digital health care content, apps, and devices to extend and improve patient education and engagement.	Physicians can monitor or be notified of a patient's engagement with the digital solution right from their existing charting interface to improve care team efficiency.	Care teams and physicians can see the direct effects of engaged patients while measuring the outcomes and effectiveness of different prescribed content across the entire system.

UPMC

Xealth Helps **UPMC** Make Digital Solutions a Reality

Providing patients with a meaningful experience has always been a primary goal for UPMC. So, when the company began exploring ways to improve the digital experience for both patients and clinicians by digitizing the collection of pre-procedural materials for Orthopedics, it surprised no one when they made it a top priority to find a partner who shared similar thinking.

After exploring several possibilities, it became clear that the ideal partner was Xealth.

Xealth enables health care teams to order digital content and services as easily as they do medications. Once prescribed, patients can then access these digital health prescriptions directly from the provider's portal, in this case, MyUPMC, to actively manage their health.

UPMC tasked Xealth with compiling a sequence of educational articles, shared decision-making tools, videos, and pre-procedural checklists from multiple vendors and sources, including custom content from UPMC. From there, Xealth would then need to deliver these materials to patients via the MyUPMC portal.

The process was seamless with Xealth quickly collecting and adding all content onto the MyUPMC portal. On the portal, patients had one location to gather details and review materials, and the added benefit of knowing that everything was being delivered to them directly from their physician.

Post-launch results were immediately impressive as customers showed a high interest in the content, opening almost 80 percent of the emails driving them to the MyUPMC portal. Once opened, more than 60 percent of those patients then engaged with the content leading to more than 4,000 orders generated.

UPMC expects that number to continue to climb based on Xealth's track record helping health systems. For example, Xealth helped one health system integrate connected CPAP machines, resulting in 35,000 patients' device data to become visible within their charts.

Early successes have led to UPMC expanding its use of Xealth to two traditionally underserved patient populations, women's health via Healthwise, and cognitive behavioral therapy via Lantern. Because of Xealth, UPMC patients can now receive high-quality, vetted educational content and digital tools prescribed by their doctor at their convenience.

UPMC **xealth**™

Learn more at **UPMCEnterprises.com**.