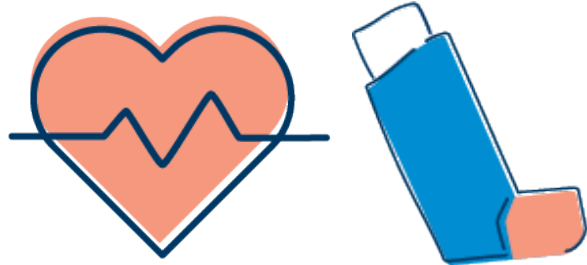


Helping members manage symptoms and take control of their CHF and/or COPD with personalized health coaching.



Overview

- CHF and COPD Management powered by Vida is a virtual, personalized health program for patients with congestive heart failure (CHF) and/or chronic obstructive pulmonary disorder (COPD)
- The program prioritizes medication adherence and improving health outcomes
- Can be accessed through a smartphone, tablet, or computer
- Enrolled members receive:
 - Live one-on-one health coaching with Vida Health provider oversight
 - Self-guided education and tools
 - Regular mental health assessments
 - Devices (as needed) with remote monitoring: pulse oximeter, blood pressure monitor and digital scale

What Does This Mean to You?

- 50%** of non-adherent members became adherent with PCP visits
- 15%** reduction in hospitalizations
- Up to **8%** average reduction in emergency visits
- 33%** of non-adherent members became adherent with their inhalers
- 75%** are still engaged at 6 months into using the program
- 97%** report a strong relationship with their coach

*According to Vida Health data

Patients can call 1-855-506-0856 for help enrolling in the program

Eligibility and Exclusion Criteria

Program Eligibility

- Ages ≥ 18
- Covered under a commercial, Medicare Advantage or ACA plan
- Members with 2 or more claims for CHF or COPD (top 5 diagnosis positions) within a 36-month lookback period
- **(CHF ONLY) OR** Members with 1 or more prescription claim(s) for Entresto within a 36-month lookback period

*Highmark claims

Exclusion Criteria

- Ages < 18
- The following history in past 12-months:
 - *Pregnancy*
 - *Active chemotherapy/radiation treatment for cancer*
 - *Open authorization for Long Term Acute Care (LTAC) or Assisted Living Facility/Personal Care Home past 30 days*
 - *Hospice care*
 - *Organ/bone marrow transplant*
- The following history in past 36-months:
 - *End stage liver failure or cirrhosis*
 - *End stage renal disease (stage 4 or 5)*
 - *Cystic fibrosis diagnosis*
 - *Left ventricular assist device (LVAD)*
 - *Institutionalization*
 - *Alzheimer's or dementia*

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