

NexJ Health Coach

Drive Positive, Sustainable Behavior Change

Personal health coaching is an efficient and cost-effective means to give people the support they need to improve care plan adherence, better manage their health conditions, and achieve their health and wellness goals. It is a non-diagnostic, non-prescriptive health discipline that solely focuses on helping patients establish autonomous goals, and actualize them by adhering to practical, daily, incremental plans. Health coaching delivered using NexJ Connected Wellness can be used to help establish a trusted relationship (a “therapeutic alliance”) between patients and providers, which is shown to be the most important variable for achieving positive behavior change.

A healthcare professional (HCP) such as a health coach works with the patient to understand their motivational drivers and establish autonomous wellness goals, while being sensitive to ethno-cultural, socio-economic, situational and disease status. Together, they create a personalized wellness plan that is tailored to the patient’s condition through the use of biometric and activity trackers such as blood glucose, medication, cholesterol, weight, mood, etc.

Using NexJ Health Coach mobile app, the patient captures self-assessed biometrics such as weight, blood glucose, and blood pressure, and tracks daily activities such as exercise, food intake, as well as subjective information such as how he or she feels. Data can be entered manually or automatically synched with the patient’s wearable health device. Patients can view their progress charts and compare multiple trackers against one another.

The HCP can monitor the patient’s progress and provide timely support and encouragement through secure messaging. Through this support, the patient develops an understanding of the relationship between their behaviors, biometric results, how they feel, and their wellness. The result: positive, sustainable behavior change.

Patients can choose to make their progress visible to anyone in their personal circle of care, enabling the patient's extended care team to better support the patient in achieving his or her health and wellness goals.



Deliver Care to More Patients

NexJ Connected Wellness features population dashboards that HCPs can use to more effectively monitor populations of patients remotely, expanding care delivery to more patients than through traditional coaching programs.

Population dashboards allow coaches to easily monitor and compare group progress and view data such as group averages and distribution by tracker type (i.e. blood pressure, blood glucose, BMI, exercise), as well as individual results. Coaches can drill down into further detail, getting specific data points on individual progress.

HCPs can then use available features in NexJ Connected Wellness to schedule patient appointments, and communicate with groups or individuals using secure messaging.

Improve Medication Adherence

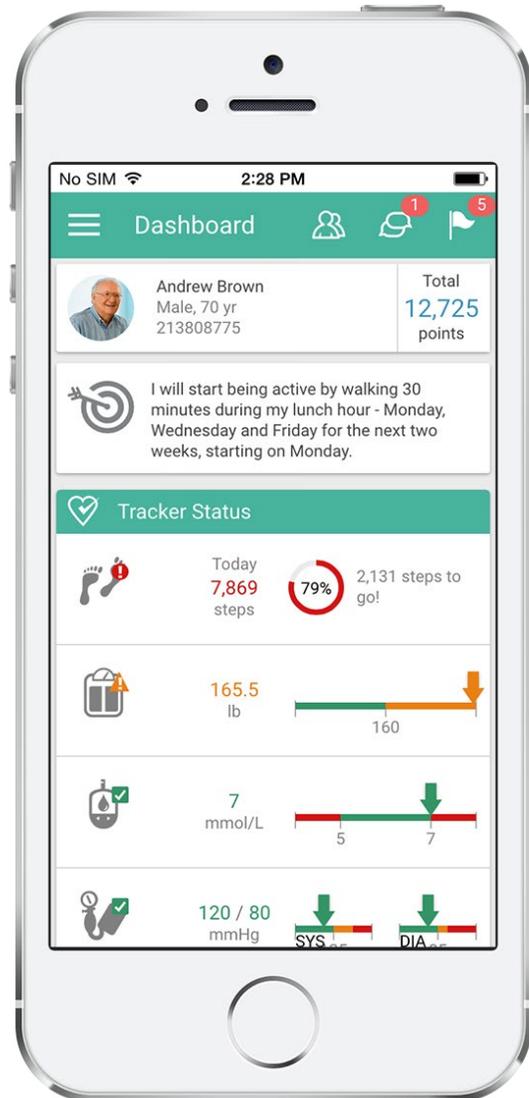
Studies show that nearly one in three new prescriptions go unfilled¹ and of those that get filled, only 30% get refilled². In addition, 50% of people don't continue with their medications as prescribed³.

Personal health coaching delivered using NexJ Health Coach can help improve adherence to prescribed medications. HCPs can support patients by identifying necessary medications and usage instructions, and set up medication reminders. Patient adherence is tracked, allowing the HCP to quickly identify missed dosages and change medication if necessary.

If a patient needs encouragement or a reminder to take their medication, the HCP can message the patient and get them back on track. Providers can also make trusted content available to patients to learn more about their condition and medication.

As the patient's stock of medication nears depletion, patients are sent refill reminders. Refill requests can also be automatically sent to the pharmacy or provider, ensuring patients have ready supply of medications available at all times.

1. Lee JK, et al. Effect of a pharmacy care program on medication adherence and persistence, blood pressure, and low-density lipoprotein cholesterol: a randomized controlled trial. JAMA 2006
2. http://www.talkaboutrx.org/documents/enhancing_prescription_medicine_adherence.pdf
3. The 21st Century Intelligent Pharmacy Project. The Importance of Medication Adherence, A white paper released by the Center for Health Transformation's 21st Century Intelligent Pharmacy Project



www.nexjhealth.com

About NexJ Health

NexJ Health Inc. is a provider of cloud-based population health management solutions delivering patient engagement for chronic disease management. At NexJ Health, we believe that controlling the rise of chronic disease is possible when patients are engaged to actively participate in managing their chronic conditions. By engaging patients through NexJ Connected Wellness, patients are more likely to achieve their health goals, payers can lower costs, providers can improve care to patients, and pharmaceutical manufacturers and pharmacies can improve medication adherence.