

# Digital Care Management can help lower blood pressure by more than 9%

***Using Wellframe's Digital Care Management programs, members reporting Stage 2 Hypertension reduced their blood pressure by more than 9%***

Many members with hypertension live with other chronic conditions, like diabetes. If not managed properly, hypertension can contribute to health complications and preventable readmissions.

We analyzed user information from the Wellframe app to better understand the impact of digital care management programs on member's health outcomes. Using Wellframe's Digital Care Management programs, members with Stage 1 Hypertension\* were able to reduce their blood pressure by 7%. And members reporting Stage 2 Hypertension\*\* reduced their blood pressure by more than 9% using Wellframe.

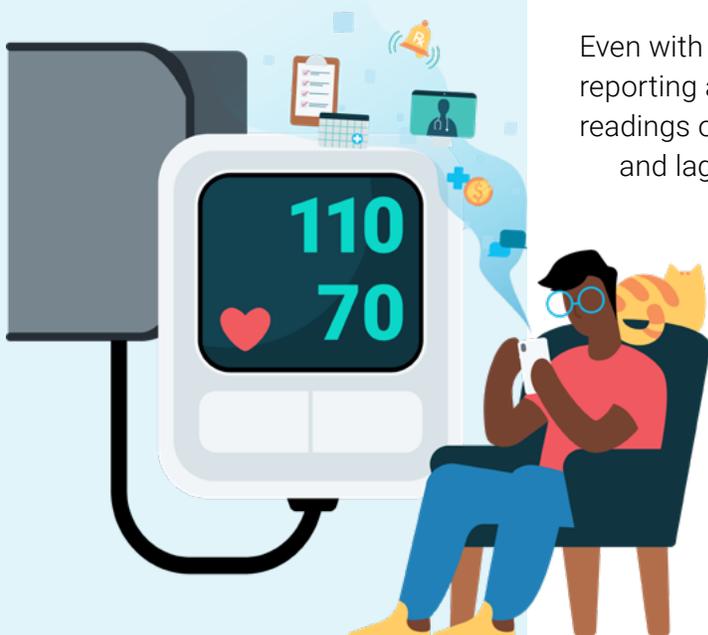
## Challenges

Why is it so difficult to help members lower blood pressure from home? Most of life happens outside a clinician's office, and it's difficult to keep up with so many members. Clinicians have few ways to reliably stay in contact with members and get accurate information on their treatment progress.

Even with [remote patient monitoring](#), clinicians may face delays in reporting and have trouble forming an accurate picture of a member's readings over time. Disparate apps and devices, gaps in member data, and lags in data access are common roadblocks health plans and clinicians face when working with members. To increase engagement and improve outcomes for hypertensive members, digital care solutions have to be convenient, enable earlier interventions, and deliver a personalized health experience.

\*Stage 1 Hypertension: systolic blood pressure of 130-139 mmHg

\*\* Stage 2 Hypertension: systolic blood pressure of 140 mmHg or higher

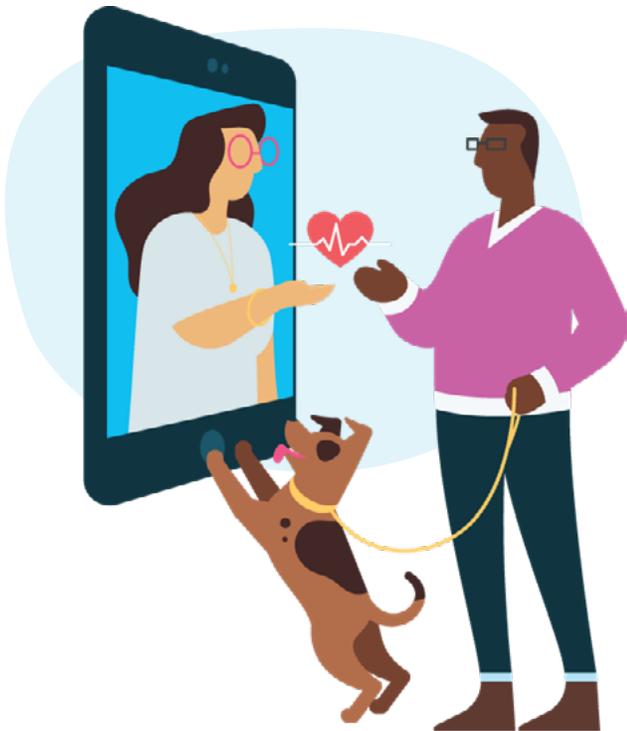


## Solution

Using Wellframe's Digital Care Management solution, **members with hypertension were able to lower their blood pressure between 3.3 and 9.6%.**

Wellframe offers Adult Biometrics programs that allow enrolled members to log and track their health data—including 5 specifically for blood pressure. Members enrolled in one of these programs receive prompts to report their blood pressure at different points throughout the day. When members input their blood pressure readings, they can view past reading inputs along with a chart that shows trends in their readings over time—making it easier for members and their clinicians to monitor progress.

In addition, Wellframe offers a Hypertension [digital care program](#) as part of the Chronic & Complex Care offering. Members enrolled in the Hypertension program receive educational articles,



surveys, and encouragements that give them the information and support they need to stay on track with their health goals.

Through the Wellframe app, members and care teams can also exchange HIPAA-compliant messages. This asynchronous communication improves access for members who can't or don't respond to telephonic communication alone. Members can also set up daily reminders to take their medications, track physical activity, and browse clinically reviewed articles about health and wellness issues they care most about.

## Results

Members who stayed engaged in their digital care program for 100 days or more saw the greatest reductions in blood pressure.

 **9.5% decrease in blood pressure** for members with Stage 2 Hypertension after 50 days, compared with 6.7% (51-100) and 7.1% (100+) for members with Stage 1 Hypertension

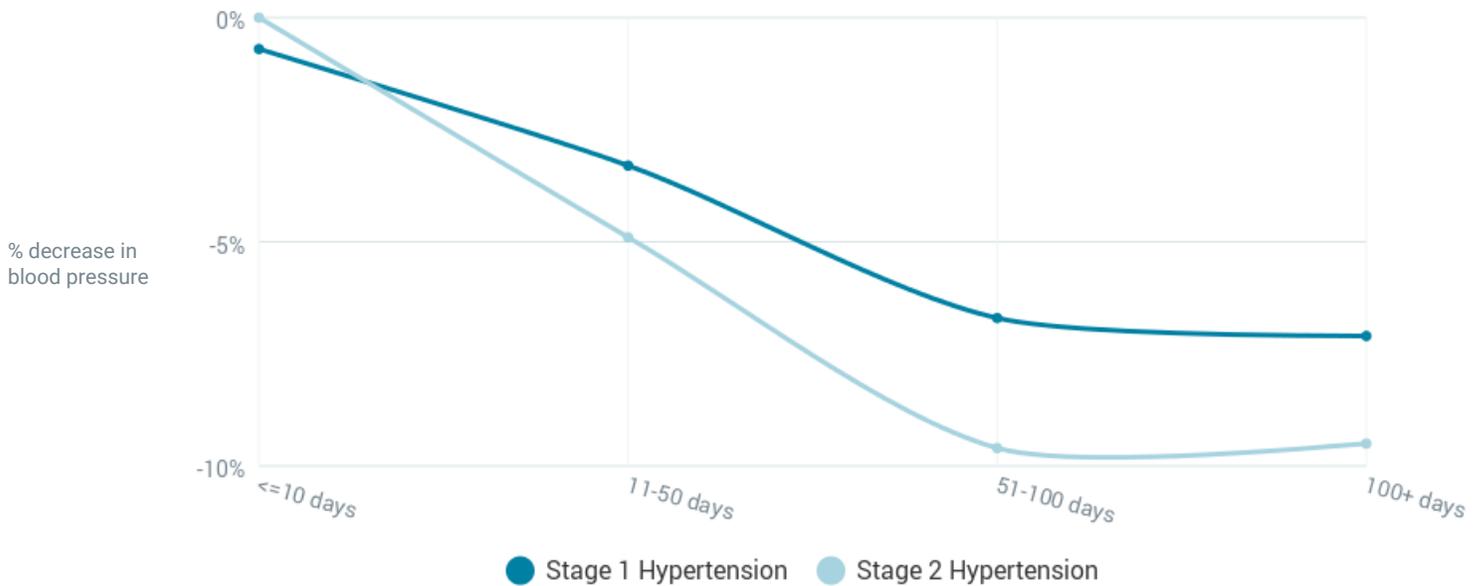
Members with Stage 2 Hypertension experienced the greatest reductions in blood pressure overall.

 **A reduction of 5.7% for members with Stage 1 Hypertension**, on average from 11-100+ days

 **A reduction of 8.0% for members with Stage 2 Hypertension**, on average from 11-100+ days

Deeper engagement makes a difference. Members who were engaged between 11-50 days saw less than half the blood pressure reduction compared to members who were engaged the full 100 days or more.

### Deeper engagement drove better outcomes



Hypertension can [increase risk](#) of heart disease, stroke, chronic kidney disease, and other chronic conditions. Helping your high-risk members lower their blood pressure can prevent more complex conditions from developing—reducing the risk of [unnecessary hospital admissions](#), readmissions

and lowering care costs over time. In addition to improving clinical outcomes, offering digital care management can help care managers engage [double the member population](#) compared with traditional care management, and increase member touchpoints by 500%.

## Are you looking for more information on how digital health management solutions can help your health plan achieve member outcome and engagement goals?

Check out our interactive platform demo and follow two unique member journeys as they leverage Wellframe’s Digital Care Management and Clinical Advocacy tools.