

New Study Shows that Use of Remote Guidance and Monitoring Leads to Better Outcomes and Lower Costs

MOUNTAIN VIEW, CA, UNITED STATES, November 3, 2017 /EINPresswire.com/ -- Every patient deserves the best outcome after a major hip or knee surgery, and now there is evidence that the world of [digital therapeutics](#) can deliver on the promise of the triple aim: improving the patient experience, lowering the cost of care, and improving the health of populations. Today, an industry first [patient engagement](#) study presented at the 2017 American Association of Hip and Knee Surgeons (AAHKS) Annual Meeting in Dallas by Anthem, Inc., one of the nation's leading health benefits companies, and Dr. Benjamin Rosner, Chief Medical Information Officer of HealthLoop, Inc., found that patients who underwent total joint replacement, and who were enrolled on an [automated digital remote guidance and monitoring platform](#), cost an average of \$656 less per case ($P = .006$), experienced a 54.4 percent relative reduction in 90-day surgical complications ($P = .007$), and a 45.4 percent relative reduction in 90-day hospital readmissions ($P = .40$) compared to patients who were not enrolled on the platform. The multi-center study, carried out at 10 orthopedic surgical practices in California and Nevada between 2014-2016, involved adult patients of all ages and demographics receiving hip or knee replacements.

"The results of this observational cohort study demonstrate not just that patients and care teams can successfully use automated tools to deliver guidance and stay connected when the patient is outside of the four walls of the encounter, but that from a healthcare quality and cost perspective, patients can achieve better outcomes at lower costs," says lead author Dr. Rosner. "There have been many telemonitoring studies in the literature with equivocal outcomes, but this is the first study of its kind in which both automated outbound guidance—where patients receive ongoing digital check-ins over time—coupled with inbound telemonitoring in which care teams are alerted to those individuals who appear to be developing problems of clinical concern, has been carried out using claims data."

HealthLoop extends the reach of physicians and care teams through automated, remote-monitoring tools that assess risk in real-time, allowing care teams to respond quickly and avoid an escalation of complications and costs. Digital patient engagement solutions show the promise of filling an important follow-up gap that exists in post-discharge care, promoting engagement while achieving better outcomes.

"The results of this study are notable," says Dr. Antonio Linares, Regional Vice President and Medical Director, Anthem's national accounts business. "They suggest that physician practices that adopt mobile care plans for patient engagement will reduce direct medical costs and improve quality. This is particularly important for commercial payers who are increasing their commitments to value-based care. It's also important for employers who are seeing an increased burden due to musculoskeletal conditions and want their employees to have better outcomes with fewer hospital readmissions and lower complication rates to reduce the risk of disability."

"These outcomes are statistically significant, eye opening, and demonstrate that the foundation of good care is great communication," says Todd Johnson, CEO of HealthLoop. "HealthLoop has figured out not only how to deliver automated digital tools that are frictionless for clinical workflow, but how to

translate digital empathy and patient engagement into lower rates of surgical complications, hospital readmissions, and costs. For the past several years, we've seen strong growth in adoption of patient engagement platforms by physicians and hospitals throughout the country. As more and more solutions demonstrate clear improvements in cost and quality, we'll increasingly see them become the standard of care for every patient."

ABOUT HEALTHLOOP

HealthLoop enables care teams to engage all patients before and after admission through automated, daily check-ins. By sending the right information at the right time, HealthLoop identifies those patients that need help in real-time, allowing care teams to proactively intervene before costs and complications escalate. HealthLoop facilitates over 600,000 digital interactions every month. To learn more, please visit: www.healthloop.com.

ABOUT ANTHEM, INC.

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