

Higher adherence, better control



An Express Scripts study compared patients who opted to enroll in the digital asthma and COPD solution and those who did not to determine its clinical impact.



Challenge

Adherence to a patient's controller medication is key to preventing symptoms and reducing costly exacerbations. Yet, approximately 71% of pulmonary patients fail to take their medication as directed.²

Pulmonary Remote Monitoring Solution

- Track and monitor inhaler use with a Bluetooth-enabled sensor
- Real-time patient education
- Private and personalized clinical consultations

Outcome after six months of enrollment¹

- **46% increase in adherence** to controller medications.
- **9% lower utilization** of rescue inhaler

Adherence is key to preventing symptoms and avoiding costly conditions that may result in ER visits or hospitalizations. The average asthma-related hospitalization costs \$6,600.³

1 Express Scripts Assessment Study 2018-2019

2 Express Scripts 2018 Drug Trend Report

3 Maryland Asthma Control Program and Healthcare Cost and Utilization Project

