Introduction to Digital-Enabled Care Delivery

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21 million Americans suffer from a substance use disorder involving alcohol or drugs, but only 4 million receive treatment.

Of Americans with SUD receive treatment: 19%

Of African Americans with SUD receive treatment: 10%

## Key terms defined

<table>
<thead>
<tr>
<th>Digital Diagnostics</th>
<th>Digital Therapeutics (DTx)</th>
<th>Remote Patient Monitoring</th>
<th>E-Consultations</th>
<th>Telepharmacy</th>
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<tbody>
<tr>
<td>Broadly defined as algorithm-enabled diagnostic support</td>
<td>Use evidence-based techniques, such as cognitive behavioral therapy, to deliver therapeutic relief, particularly the prevention, management, or treatment of chronic, behavior-modifiable disease <em>(see more on next slide)</em></td>
<td>Encompasses the collection, evaluation and transmission of health data from a patient to their provider/team using personal health technologies (e.g. wireless devices, wearable sensors, and mobile apps)</td>
<td>Enables providers to get input and support from specialists, which may help prevent unnecessary travel and reduce wait times</td>
<td>Uses telecommunication and other technologies to provide pharmaceutical services to outpatients remotely; helps address pharmacist shortages in underserved areas</td>
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What are DTx ... and what are they not?

- Use software and data science to prevent, manage or treat a medical disorder or disease
- Can provide **behavioral interventions** in a standardized, scalable and cost-effective manner
- Have the potential to augment OUD treatments by **improving medication adherence, or treatment retention**

**Are not** general wellness apps
Improving care through a hybrid approach

- Higher coordination of multidisciplinary care team
- Better integration of mental health services
- Reduces disparities in healthcare delivery
- Drive better outcomes for many conditions
- Greater accessibility and less stigma
Bricks and mortar + Virtual visits + Care coordination and navigation = Whole Person Care
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