

EVERNORTH DIGITAL HEALTH FORMULARYSM

Digital Asthma and COPD Solution



Improving outcomes for patients

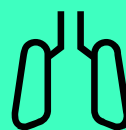
Asthma and chronic obstructive pulmonary disease (COPD) can affect people of all ages and in all stages of life. 1 in 12 Americans have asthma and 1 in 15 Americans have COPD.^{1,2} While these are common disease states, many patients and caregivers struggle with the complexities of these conditions, including proper inhaler technique.

When inhalers are used incorrectly, a portion of the medication may not reach the lungs. In addition, patients may not recognize the signs and symptoms of asthma or COPD exacerbations, and more than half of patients have not been taught how to avoid triggers that can cause difficulty breathing.

Adherence and proper inhaler use are key to preventing symptoms and to avoid costly exacerbations that may result in ER visits or hospitalizations; **the average asthma-related hospitalization costs the plan \$6,600.**⁴

Our digital asthma and COPD solution makes staying adherent to critical medications simple for members, making it more likely they'll avoid dangerous exacerbations and costly medical care.

Together, we can work to overcome some of the challenges associated with these conditions. The solution utilizes pulmonary remote monitoring and takes a holistic approach to patient health pushing the boundaries of patient care.



77% OF PATIENTS

are nonadherent to their pulmonary medication³

20% INCREASE

in average adherence for enrolled asthma patients when compared to nonenrolled patients⁵

13% INCREASE

in average adherence for enrolled COPD patients when compared to nonenrolled patients⁵



Monitoring and much more

Remote monitoring is a high-touch, high-tech solution for complex clinical challenges, enabling patients to:



Easily track and monitor inhaler usage through a Bluetooth-connected inhaler



Learn how to better manage their asthma or COPD



Access private and personalized clinical consultations

Proactive outreach + individualized support

When monitoring shows overuse or nonadherence, our Pulmonary Therapeutic Resource CenterSM clinicians reach out with individualized support. Pharmacists with specialized training understand and address the unique challenges faced by patients with asthma and COPD in order to:



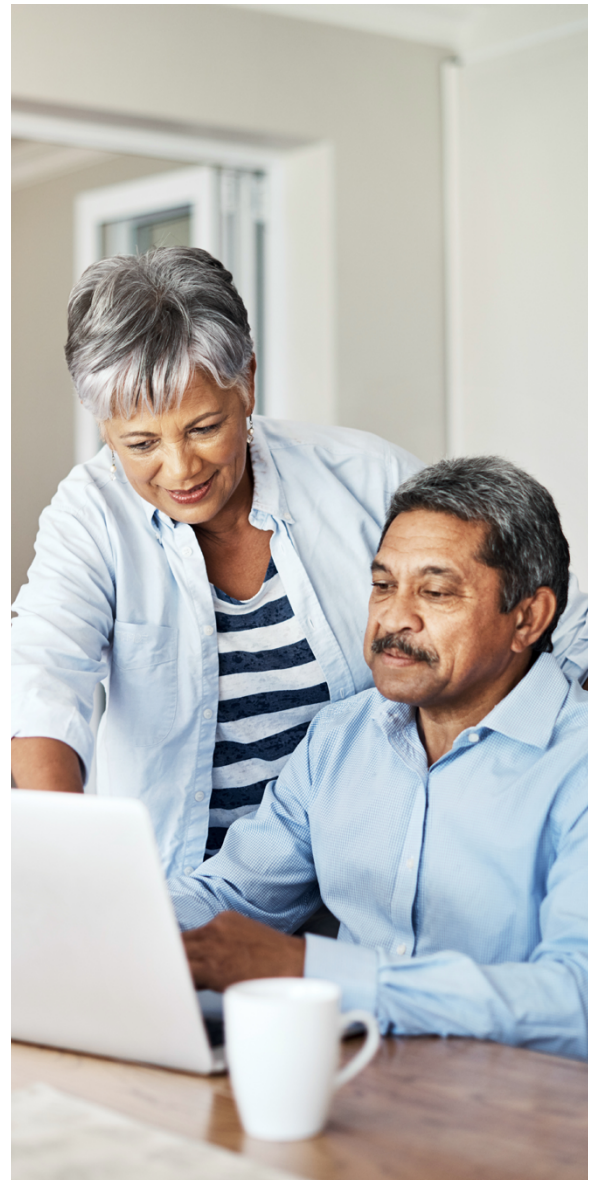
Help patients improve adherence to daily controller medications



Coach patients in avoiding triggers and overuse of rescue inhalers

A proven high-touch, high-tech solution

We've offered the Digital Asthma and COPD solution for years and show that after one year of enrollment, members experienced a **63% decrease in rescue inhaler use**.⁵



Contact your Evernorth or Express Scripts account representative to learn more about the digital pulmonary solution and receive custom modeling.

1. American Academy of Allergy Asthma & Immunology

2. Centers for Disease Control and Prevention

3. Jansen, Evalyne M et al. "Global burden of medication non-adherence in chronic obstructive pulmonary disease (COPD) and asthma: a narrative review of the clinical and economic case for smart inhalers." Journal of thoracic disease vol. 13,6 (2021).

4. Maryland Asthma Control Program and Healthcare Cost and Utilization Project

5. After 6 months using the digital pulmonary solution; Propeller 2021 Outcomes.

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