

# Pulmonary Care Program

## Addressing asthma and COPD challenges

Health care costs are soaring in America, and employers are looking to identify opportunities to manage employee health and cut costs. Asthma and chronic obstructive pulmonary disease (COPD) are conditions with significant impacts on customer health and employee productivity.

» Asthma and COPD can affect people in all stages of life:

- 1 in 12 Americans has asthma.<sup>1</sup>
- 1 in 15 Americans has COPD.<sup>2</sup>

» These conditions can have a high cost for customers and employers:

### Asthma:

- \$1,349 per patient: Annual excess direct costs associated with uncontrolled asthma.<sup>2</sup>

- 1 in 3 American adults with asthma miss work each year.<sup>2</sup>
- 6.6 weeks lost per person: Lost productivity per person per year due to poor asthma control.<sup>2</sup>
- 9 people die from asthma in the U.S. each day.<sup>2</sup>

### COPD:

- 1 of 2 Americans with COPD have not been diagnosed.<sup>3</sup>
- COPD is the third-leading cause of death in the U.S.<sup>4</sup>
- COPD costs the U.S. \$50 billion every year—\$30 billion in direct health care costs and an additional \$20 billion in indirect costs, including time off work, worker replacement, and reduced productivity.<sup>5</sup>



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<sup>1</sup>American Academy of Allergy Asthma & Immunology.

<sup>2</sup>[https://www.cdc.gov/asthma/pdfs/asthma\\_facts\\_program\\_grantees.pdf](https://www.cdc.gov/asthma/pdfs/asthma_facts_program_grantees.pdf)

<sup>3</sup>Tilert, Dillon, Paulose-Ram, et al. 2013. US Census Bureau. Population Estimates, 2009. CDC. NHIS, 2007-2010

<sup>4</sup>Centers for Disease Control and Prevention. National Center for Health Statistics. Health, United States 2015 with Special Feature on Racial and Ethnic Health Disparities. Hyattsville, MD: US Dept Health and Human Services; 2016.

<sup>5</sup>National Heart Lung and Blood Institute, Morbidity and Mortality; 2009 Chart Book on Cardiovascular, Lung and Blood Diseases

## Empowering employees, transforming care

WPS has partnered with Express Scripts and Propeller Health to provide an empowering pulmonary care program.

The program provides a doctor-recommended, clinically proven way to manage asthma and COPD. Using a connected health platform helps employees self-manage their condition. It's easy for them to stick to a treatment plan and learn what may be causing their flare-ups.

### Connected inhaler sensors

Propeller sensors attach to patients' current inhalers and gather information about their medication use. The inhaler sensors track how often patients use their medications and can remind patients to stay on track. The data is sent wirelessly to a smartphone app.

Types of data collected include:

- » Medication adherence and use trends.
- » Patient risk stratification.
- » Change in clinical status.
- » Notifications of decline in clinical status.
- » Environment and location information.

### Personalized insight

The app learns customers' symptoms and medication use to build personalized profiles. It provides daily tips and education to help customers manage their breathing and can help patients identify triggers. Personalized, actionable information helps customers better manage their condition.

### One-on-one, expert care

When monitoring shows overuse or nonadherence, pharmacists at the Pulmonary Therapeutic Resource Center<sup>SM</sup> reach out with individualized support. The specialist pharmacists understand and address the unique challenges faced by patients with asthma and COPD to:

- » Help patients improve adherence to daily controller medications.
- » Coach patients in avoiding triggers and overuse of rescue inhalers.

### Propeller app features

- » **Medication reminders:** These include chiming sensors, push notifications, and in-app reminders.
- » **Automatic tracking:** The app remembers when, where, and how often patients use their rescue medication.
- » **Logs/trigger discovery:** Over time, Propeller helps patients understand what might be causing their symptoms and provides personalized tips to avoid triggers.
- » **Daily forecast:** Personalized forecasts are generated based on a patient's data and location.
- » **Reports:** Monthly and weekly summaries are accessible in the Propeller app and over email and are easy to share.
- » **Lost inhaler locator:** Patients can use the Find My Inhaler feature to "ring" a misplaced inhaler.



## Platform highlights

- » **Identifying at-risk customers:** Care teams receive notifications about customers who may need additional support.
- » **Customer details and monitoring report:** Detailed information on customers and their recent history is available on demand.
- » **Customer report:** Monthly reports identify clinically actionable trends and are available in the portal. Reports highlight level of condition control from well to poor, nighttime rescue inhaler usage, controller medication adherence rates, and monthly asthma control test (ACT) or controller adherence test (CAT) scores.
- » **Easy enrollment:** Eligible customers can easily enroll in the program. The app can be downloaded, and the sensors are sent within 5–10 days with instructions. Propeller's Bluetooth sensors attach to patients' existing inhalers and work with more than 90% of inhalers on the market.

## Proven benefits

The Express Scripts-Propeller program helps deliver improved health and quality of life while helping control costs.

- » **Informed treatment choices**, including medication adherence information prior to step-up therapies (e.g., biologics).
- » **Positive influence on quality of life** including member satisfaction and confidence in self-management.
- » **Cost savings** can be achieved through reduced health care utilization driven by higher medication compliance and proactive interventions.

Published clinical studies show:

- » Up to 32% more days without symptoms<sup>5</sup>
- » Up to 57% fewer asthma-related visits to the hospital<sup>6</sup>
- » Up to 35% fewer COPD-related hospital visits<sup>7</sup>
- » Up to 78% reduction in rescue inhaler use<sup>8</sup>

<sup>5</sup>Van Sickle et al., (2017). American Thoracic Society

<sup>6</sup>Merchant et al. (2018). World Allergy Organ J.

<sup>7</sup>Alshabani et al. (2019). J Telemedicine and Telecare.

<sup>8</sup>Barrett et al. (2018). Health Aff.

## Case study

A middle-aged customer felt his asthma was controlled despite the need to use his rescue inhaler multiple times a day.

### THE PROBLEM

The patient frequently experienced shortness of breath and even avoided going outside on hot days. He was adamant that he was not missing doses on his controller medication.

### SPECIALIZED INTERACTION

An Express Scripts TRC pharmacist discovered the patient had not been taking his controller medication as prescribed. The pharmacist educated him on the proper dose in an effort to reduce asthma symptoms and ultimately decrease the need for an emergency inhaler.

### RESOLUTION

After two conversations:

- » No open adherence gaps
- » Less need for rescue inhaler
- » Profound improvement to quality of life



## Have questions?

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