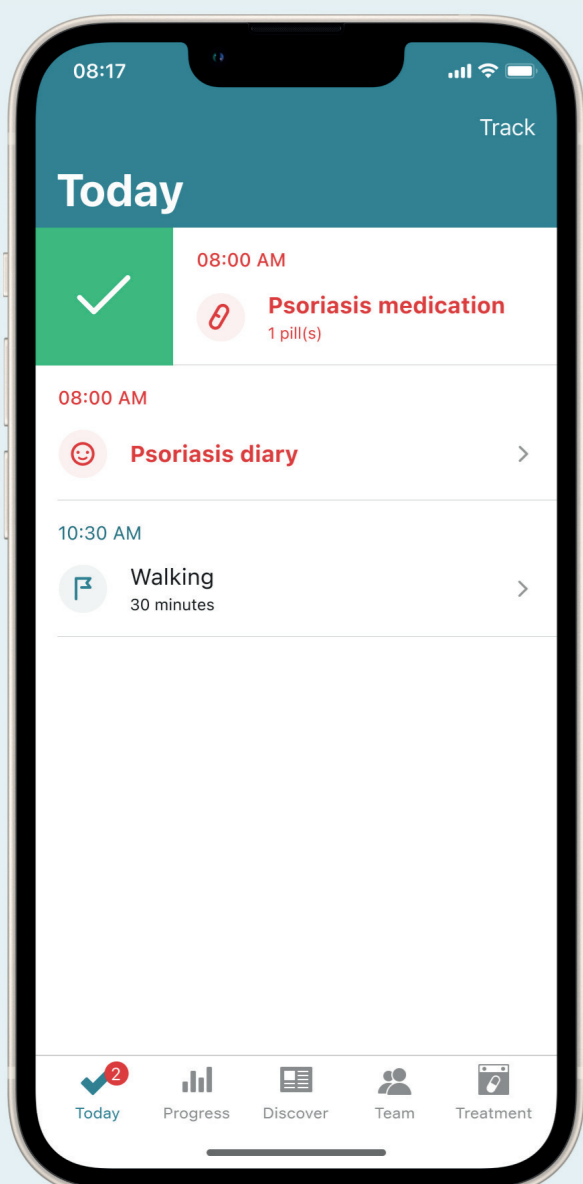


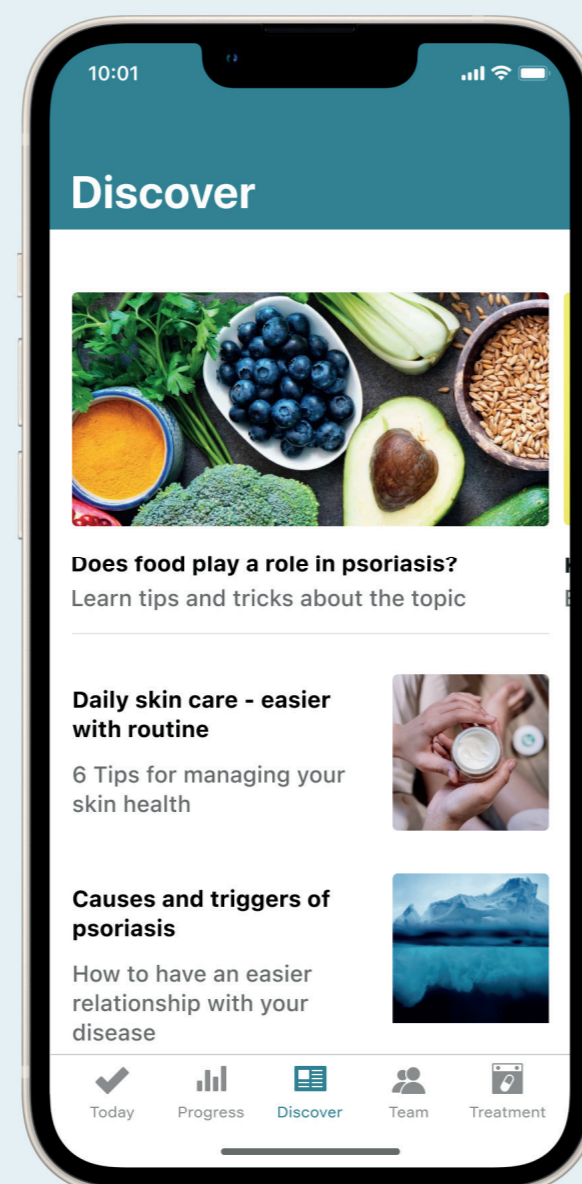


MyTherapy for Psoriasis



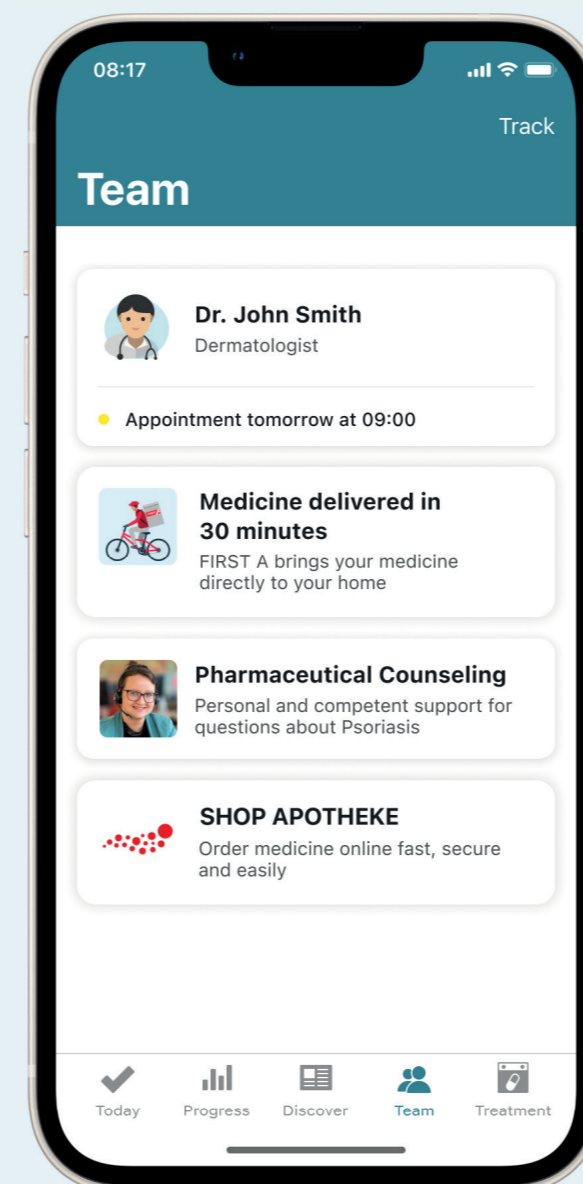
Today

1. Manage medications through reminders and tracking
2. Track well-being and symptoms including their severity
3. Get rewarded for tracking your treatment-related tasks



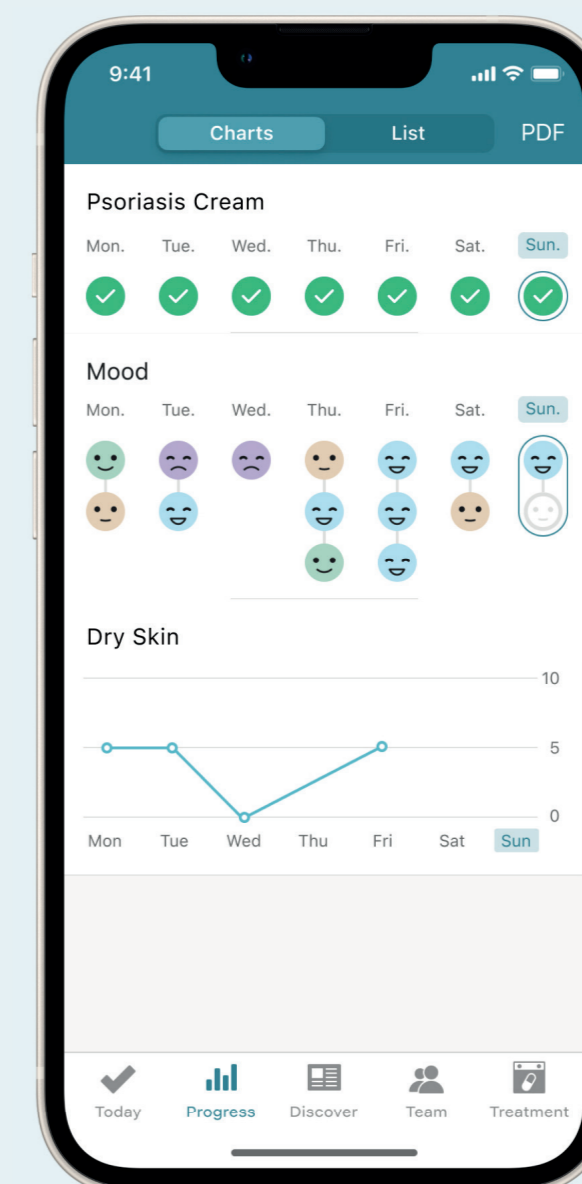
Discover

1. Learn about Psoriasis and treatment
2. Learn about living well with Psoriasis
3. Get support for preparing your doctor's appointment



Support

1. Get free pharmaceutical advice
2. Add your doctor's contact and appointment
3. Order medication quickly, safely and easily online



Progress

1. Visualize your tracked medications, well-being and more
2. Understand patterns in your health
3. Print out your MyTherapy Health Report for your next doctor's appointment

What can MyTherapy do for you?

Psoriasis and its struggles

The disease:

Itching, Pain, Life-long Therapy

Co-morbidities:

Diabetes, Obesity, Cardiovascular Diseases

Mental load:

Depression, Anxiety, Social Withdrawal



Benefits of managing Psoriasis with MyTherapy



- Manage medications and be adherent with ease
- Lower the mental load and feel better
- Track and understand symptoms
- Document well-being and mood
- Visualize data, understand patterns
- Discuss your data with your doctor
- Helpful tips for living well with Psoriasis

Effectiveness supported by evidence

Research highlight 1:

The majority of lipid metabolism disorders can be managed well if patients adhere to their therapies. Self-monitoring can drive adherence with regards to medication intake, physical activities, and nutrition. Technical devices like smartphones can further support its users to achieve health-related goals. In a clinical trial, 100 patients with lipid metabolism disorders were asked to use a smartphone application over a duration of 12 months. Users of this app could set reminders to keep track of their medication and other disease-related variables, such as weight and cholesterol. More than half of all patients that started to use the app continued to use the app over the full 12 months. However, 43% of the patients that were asked to use the app stated that they never started to use the app. The reasons cited were lack of time, health problems, lack of motivation, and technical problems. The number of patients with high medication adherence increased significantly due to the use of the app. Health apps might benefit patients by enabling them to better manage chronic diseases, but successful digital health concepts will need to address efficient onboarding as well as long-term motivation.

	pre	post
Adherence [score]	6.1	6.3
High adherence [%]	16.2	29.7
Medium adherence [%]	35.1	21.6
Low adherence [%]	48.6	48.6

Table 1. Changes in medication adherence after intervention

Source: Effects of a long-term smartphone-based self-monitoring intervention in patients with lipid metabolism disorders, Assistive Technology, DOI: 10.1080/10400435.2018.1493710

Research highlight 2:

Background: Patient adherence and self-management play a major role in diabetes treatment. The market for supporting apps has been growing over the years, increasing confusion. "MyTherapy" is a scientifically tested and evaluated app for this field. This contribution systematically reviews its benefits and suitability in daily use for physicians and patients.

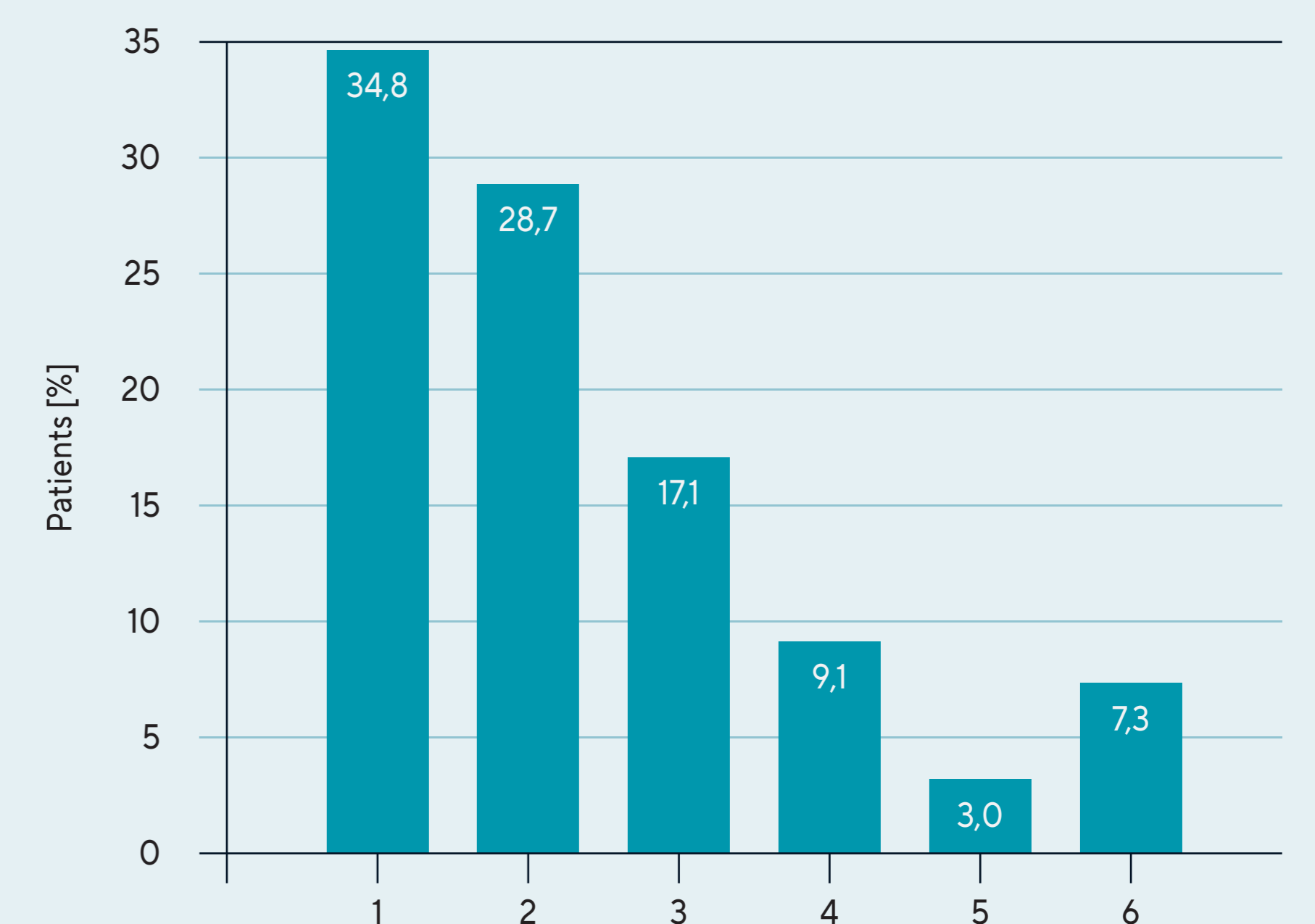
Methods: Diabetes specialists, family doctors and patients with type 2 diabetes mellitus throughout Germany took part in a survey. The patients were taking at least three medications in long-term therapy, and had not used the app.

Results: Forty physicians and two hundred patients took part in the survey. Low-adherence patients at study begin (55%) especially benefitted from the app (69% felt very well or well-supported); overall, more than 60% felt supported according to medication intake. Physicians reported benefits in physician-patient relations (59%) with highly improved to improved patient consultation (58%).

Conclusion: "MyTherapy" supports patient self-management with its documentation options and reminder function while supporting improved adherence. Measurement and medication reports are available for physicians to download. Physicians also reported that the app supports them in daily practice.

Fig. 1: "Perception of support" by the app using the example of taking medication (patient perspective); n = 164, 6-point graded scale 1-6 (1: very good to 6: not at all).

Source: Die "MyTherapy"-App stärkt Adhärenz und Arzt-Patienten-Bindung bei Diabetespatienten, Diabetes, Stoffwechsel und Herz 2019;28:9-15



"Perception of support" [while] taking medication (Likert scale)

Interested in joined research? Want to work with us?

info@smartpatient.eu

