

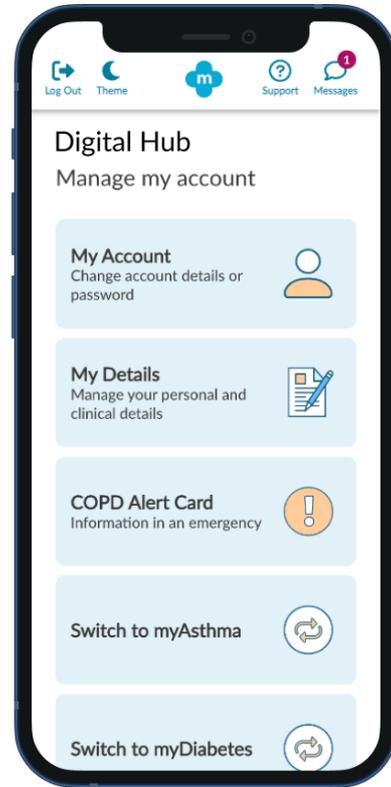
# The UNLIMITED multi-morbidity Digital Hub

Empower clinical services to deliver enhanced care to patients with long-term conditions with the my mhealth platform.

my mhealth are the UK's leading supplier of evidence-based digital therapeutics. We help NHS Providers transform their services and improve the outcomes of patients with long-term conditions using digital technologies. Our multi-morbidity option gives healthcare professionals the ability to manage multiple long-term conditions within their patient populations.

The platform covers 70% of long-term conditions including COPD, COVID-19, heart disease, asthma and diabetes. Couple this with our prehabilitation product for patients undergoing elective surgery, you can see how rapidly we can realise service efficiencies across the entire patient pathway.

Self-management and patient empowerment are at the heart of everything we do, but the benefits for clinicians and patients don't end there.



## What can an unlimited subscription do for you?

1

### Improve Outcomes

Our platform provides patients with a tailored, evidence-based digital intervention that's proven to improve health outcomes and reduce health service dependence. Our platform benefits range from education and condition-specific interventions to rehabilitation and much more. We're confident that we can help your patients.

2

### Reduce costs

For less than the price of a cup of coffee per patient (per year), you can have access to a population-scale digital therapeutic. This approach enables health services to manage thousands of patients with multiple long-term conditions at a fraction of the cost of traditional interventions.

3

### Increase service capacity

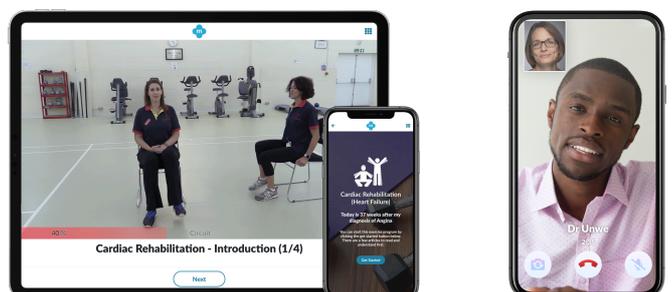
Unlimited means no limits for the number of patients using our user-friendly platform. Licences distributed to customers are completely limitless, meaning clinicians can increase their capacity for care, helping more patients than conventional healthcare delivery models.

## Tackling the Covid-19 backlog of elective care

NHS England have set the following ambitions in their delivery plan

- Increase the capacity of the health service.
- Transform the way elective care is provided, using digital tools and streamlined care.
- Provide personalised, accessible information and support to improve outcomes and reducing inequalities.

Our digital therapeutics and patient hub offers a solution to each of these ambitions.



## Digital Hub

### myAsthma

Globally there are 300 million people with asthma, making it one of the most common long-term conditions. myAsthma provides 24-hour self-management, education and expert advice to patients with adult asthma.

### myCOPD

myCOPD is the most comprehensive, user-friendly and intuitive COPD app on any device. Designed and built by COPD experts and externally peer-reviewed by leading NHS consultants, myCOPD puts patients and their clinical teams in control like never before.

### myHeart

myHeart brings the very best digital support to patients with heart disease or recovering from cardiac surgery. Delivering personalised self-management and cardiac rehabilitation programmes, our award-winning platform supports over 10 heart conditions

### myDiabetes

Globally there are over 400 million people with diabetes. myDiabetes provides 24-hour self-management, education and expert advice to people with type 1 and type 2 diabetes.

### myOp

myOp is a universal intervention designed to support and optimise patients before elective surgery. It combines evidence-based prehab interventions with behavioural change techniques to improve physical and mental fitness and optimise nutrition. These interventions have been shown to reduce length of hospital stay and complication rates by up to 50%.

Noted in the Respiratory, Cardiology and Perioperative Digital Playbook by NHSx

#### We provide training and support

my mhealth offers the training and support needed to make sure your clinical teams and patients are achieving success. The my mhealth eLearning resource provides on-demand training, with an extensive library of online courses covering every app. We also offer assistance from our expert Digital Health Advisers. From digital pathway transformation to onboarding patients at scale, we can help you transition from your current service delivery models to one that delivers best-in-class care at a population level.

### Deliver a Net Zero NHS with my mhealth

We can help your clinical service hit their NHS net zero carbon emissions target using our remote rehabilitation, monitoring and consultation tools to reduce the need for face-to-face clinical interventions, GP and hospital appointments and patient reviews using our digital therapeutics platform. For a **greener NHS**, choose my mhealth's digital therapeutics.

If you would like a free demo or find out some more information, get in touch <https://mymhealth.com/contact-us>



Our product is MDR and DTAC compliant, CE Marked class 1 medical device that can be accessed through the Apple and Google App stores or via any web browser on a smartphone, tablet, laptop, computer or smart TV. Our products meet the standards set by WCAG 2.1 to ensure accessibility and ease of use, whatever the patient's ability. More than 80% of patients that activate their account go on to use the app regularly. Over 66% of patients complete their rehab programs, and in some areas patient daily use is >60%. Integrate into GP systems via IM1 from Q3 2022.