



***Telemonitoring of patients with
Chronic Heart Failure***

**February 12th 2007
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- Achmea is one of the largest healthcare insurers in the Netherlands serving over 3.6 million customers
- Ambition: patients managing own health care
- Achmea hopes that disease management programmes will enable to introduce new methods of:
 - optimising the health care processes
 - serving and motivating Achmea customers on prevention
- Achmea sees opportunities on disease management programmes supported by Telemedicine-technology

Motiva - Integration of Extended Care Community



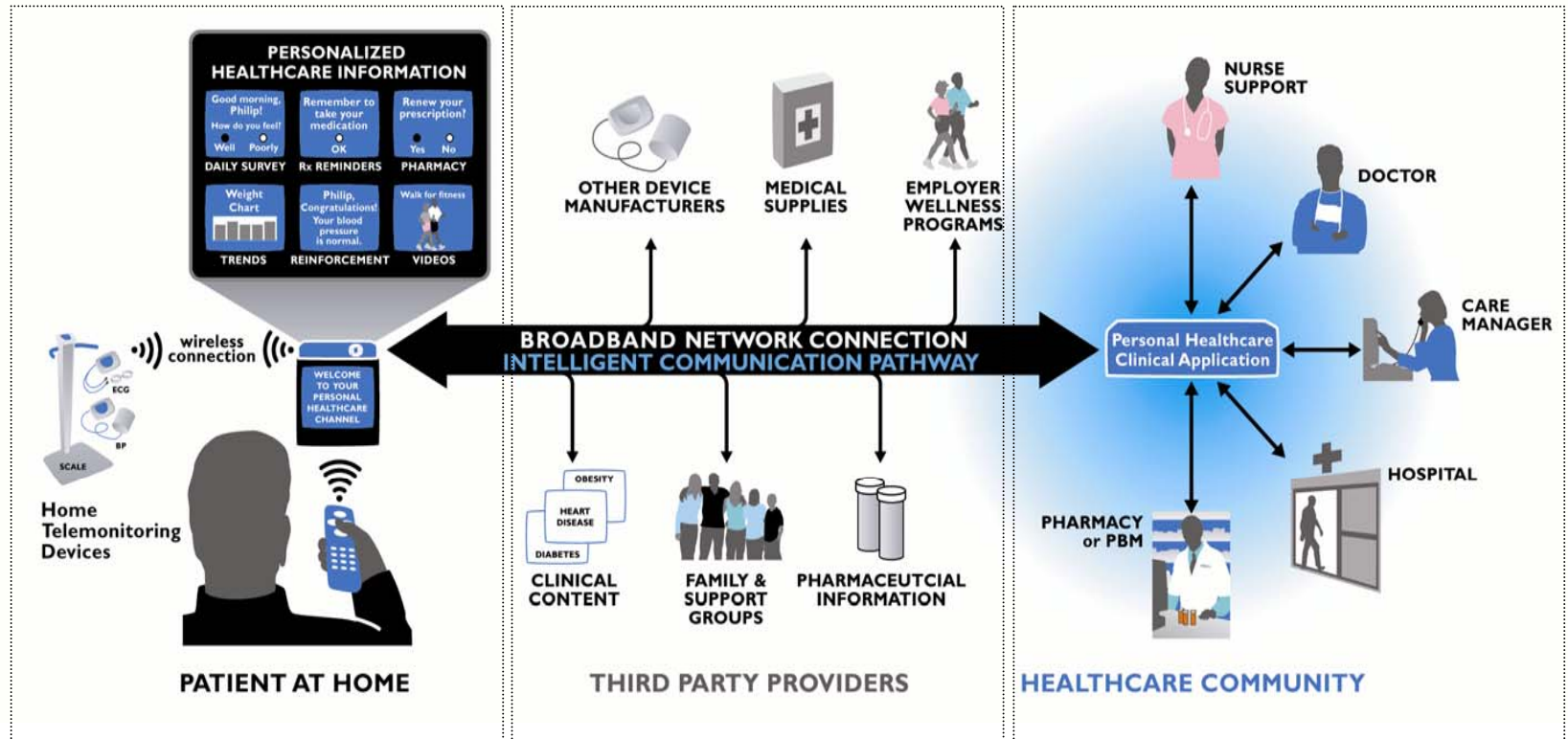
Benefits

Enables Patient Self-Management

Facilitates Communication

Enables Intervention Delivery

motiva



Components

Self-Management Tools

Communication Platform

Clinical Application



motiva on TV

Facilitating of health care and self management

<http://www.medical.philips.com/main/products/telemonitoring/products/motiva/>

Inform nurses
with (daily)
Health Surveys

Check-ups

During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

To pick a response use , then or

Messages Mar 22 | Message

Dear Bill,
How are you doing on your goal to eat less salt? You may want to review your 'Nutrition for Diabetes' video. Remember how important it is for you to control your blood pressure since

scroll down
To scroll text use , to return to list use

Planning/
Reminders, Tips
en health targets

Feedback on targets

Knowledge/Information

Motivation/Empowerment

VIDEOS ECHOCARDIOGRAM

Use to PLAY or PAUSE, to STOP video.

MEDICATION TODAY MORNING

25mg Aldatone Do not take with alcohol

40mg Lasix Do not drive for at least 4 hours

250mg Tolazamide

40mg Zestril Do not take on empty stomach

scroll down
Use to pick a time period, then press **SELECT**

Logbook Weight

Last 30 readings

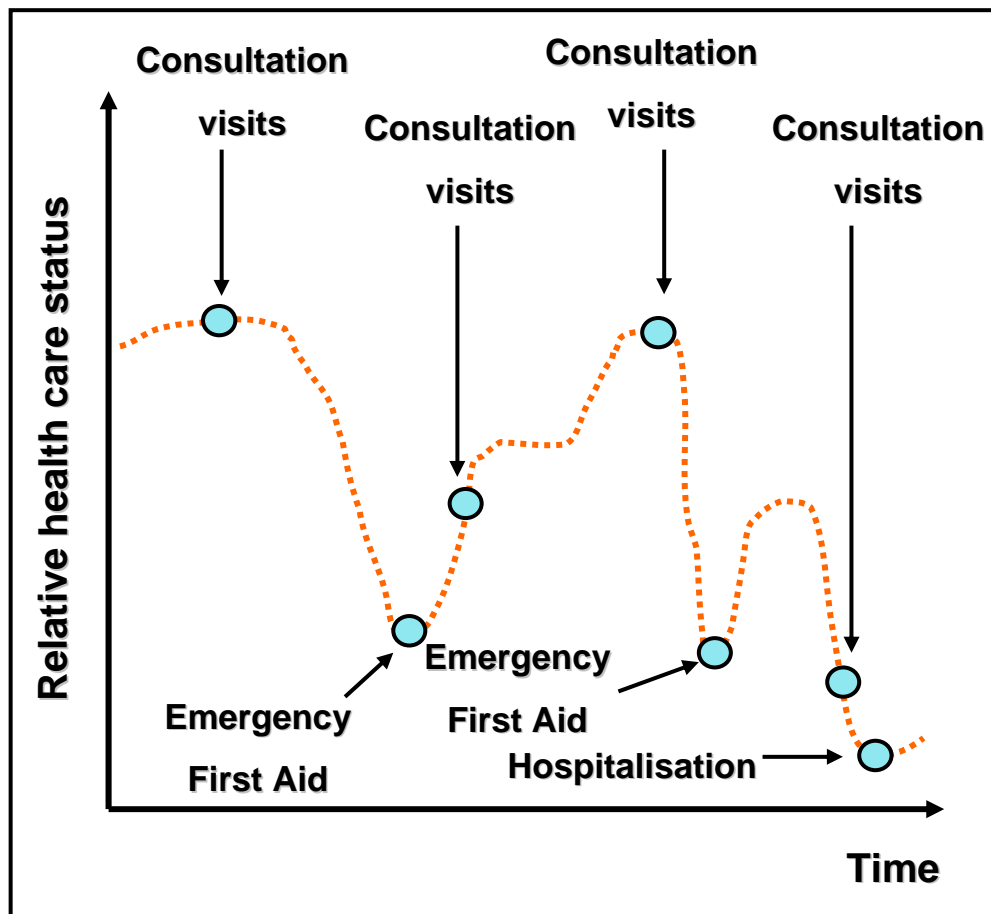
96
92
88
84
80
76

84 lbs Sat. Mar 20 09:09AM

To see a reading use , to return use

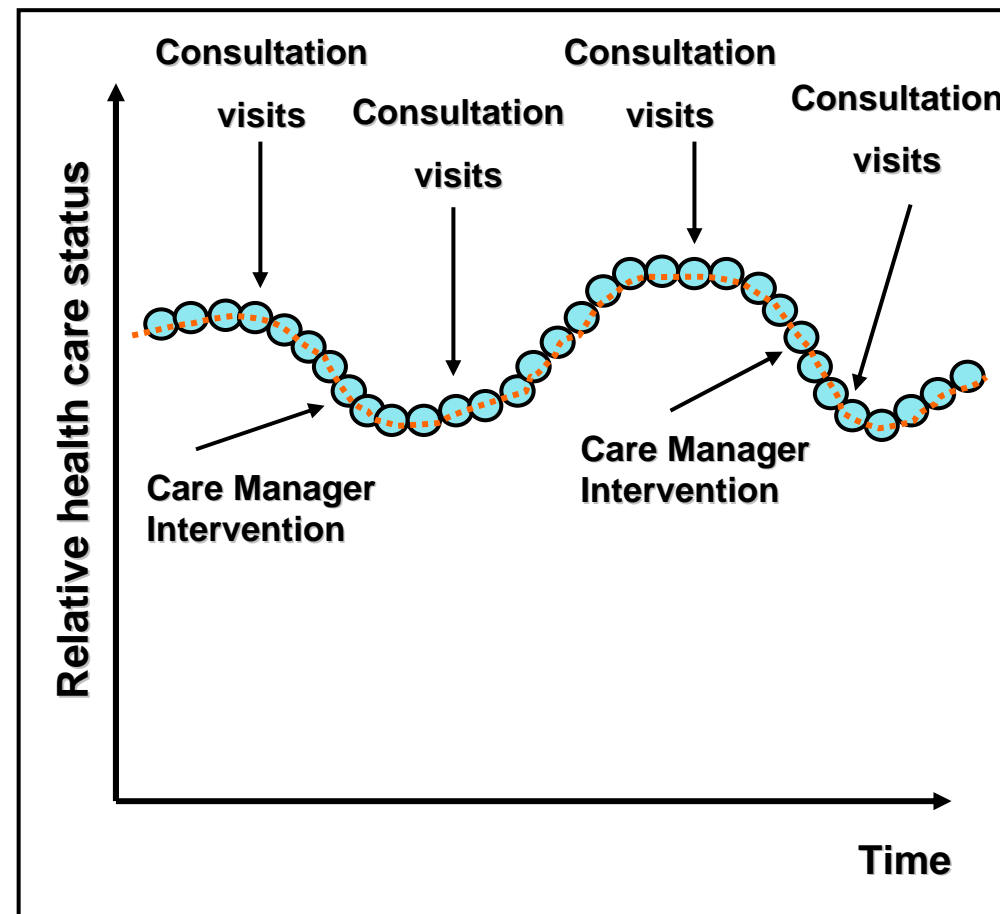
Comparing Health Care models

Traditional Model



Telemonitoring Model

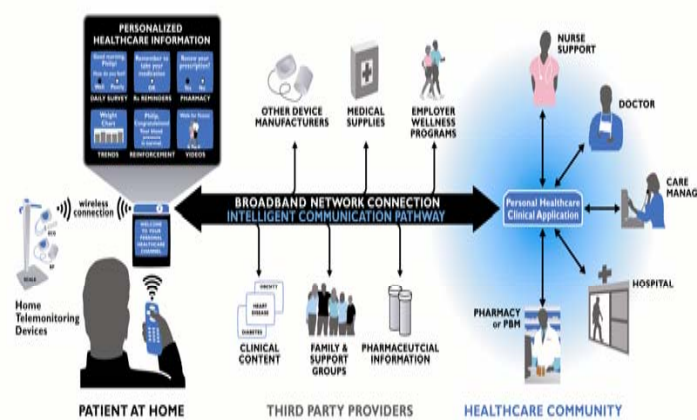
● Status Data gathered



Why do we conduct pilotstudy HartMotief?



- The number of patients with chronic heart failure will double in the next 15 years
- Expected decline of number of people who can provide this care to these patients
- Achmea explores together with partners like Philips and with healthcare providers for innovative methods:
 - to guarantee customers good quality care
 - to manage the increase in costs towards the future



- Hartmotief study protocol : randomized Control (50%), T1(30%), T2(20%)
- 216 Patients
- 8 participating hospitals
- Ended 31st of December 2006
- Principal investigator : dr. AHMM Balk of Erasmus MC Rotterdam

Can telemonitoring help to improve quality of life and/or extend life expectancy?

Can telemonitoring help to cut volume and costs, particularly by reducing the number of hospital admissions and the length of stay in hospital?

What are the advantages?



- Telemonitoring leads to a more active role of patients in managing their own health
- Achmea expects:
 - ◆ reduction of patients being admitted to the hospital
 - ◆ decrease in the length of hospitalisation days
 - ◆ that Telemonitoring will improve customers' quality of life

Make a contribution to good quality care

- Constituent of the research Hartmotief
- Achmea offers the Medical Service Center:
 - Medically trained personal
 - Day to day first line support in addition to weekly or monthly visits to the hospital
 - Care closer to patients home
 - Setup with the MSC is easily scalable to more and other patients



- End date HartMotief was 31st of December 2006
- Research by Netherlands Organization for Applied Scientific research TNO Quality of Life
- In case of positive results telemonitoring:
 - will be implemented across a broader population of chronic heart failure patients
 - may also be considered for patients with other chronic diseases (diabetes, COPD, etc)

Achmea can easily expand this way of care due to the Telemonitoring-setup with the Achmea Medical Service Center and the broadband based solution Motiva

