Session 2: Availability and Effectiveness of Digital Tools for Equipping Patients with Information About Their Health Care

Presenters:

Subject Matter Experts

- **Vishal Gondal** – Founder and Chief Executive Officer, GOQii
- **Trevor Berceau** – Director, Patient Experience, Epic
- **Pradnya B. Bhattad, MD** – Interventional Cardiologist
- **Ricky Bloomfield, MD** – Chief Medical Officer, ŌURA

Session 2: Availability and Effectiveness of Digital Tools for Equipping Patients with Information About Their Health Care

Vishal Gondal

Founder and Chief Executive Officer,
GOQii

GOQii

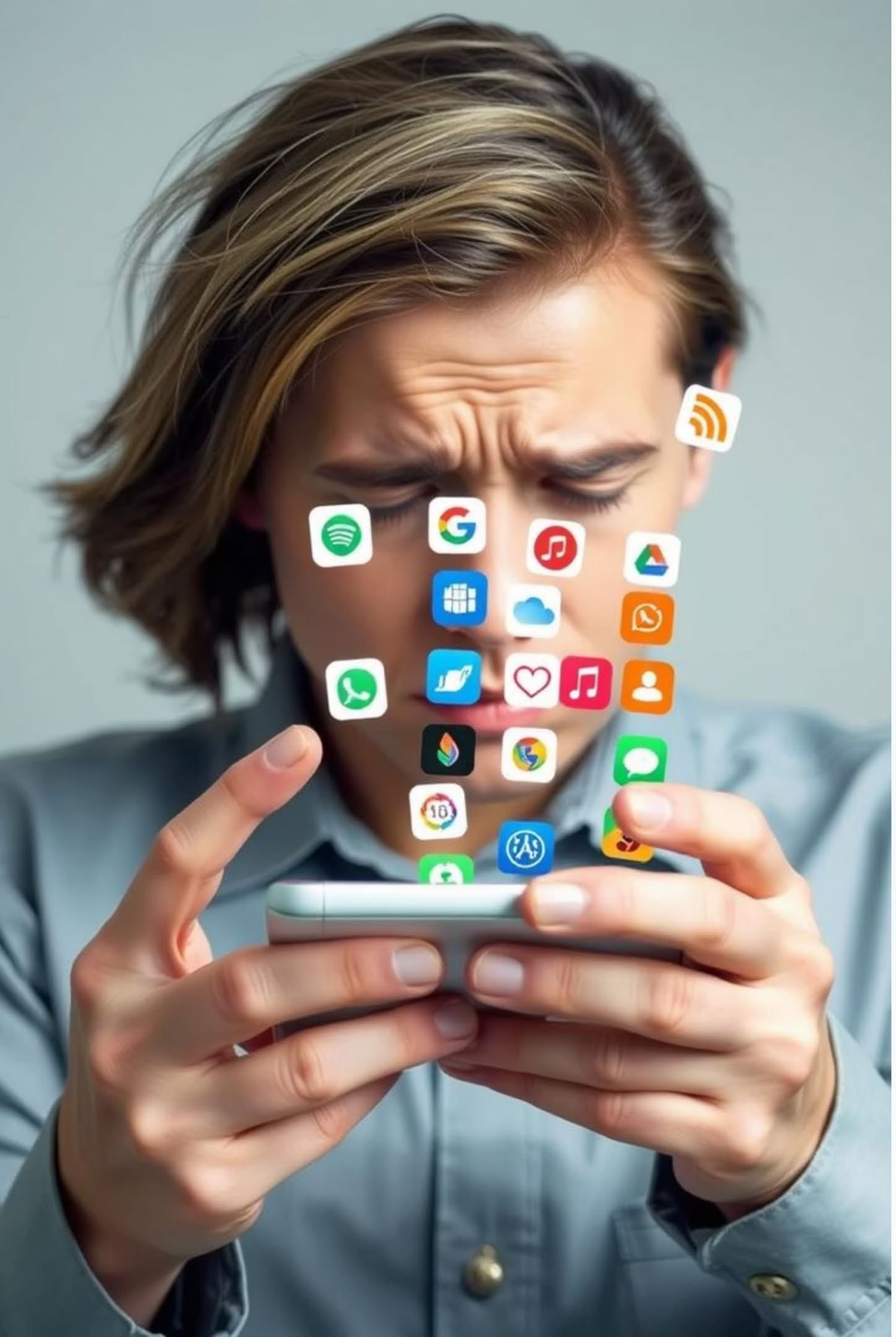
The Power and Potential of Wearable & AI Technologies

Enabling Full Stack Patient Ownership by Physicians

GOQii

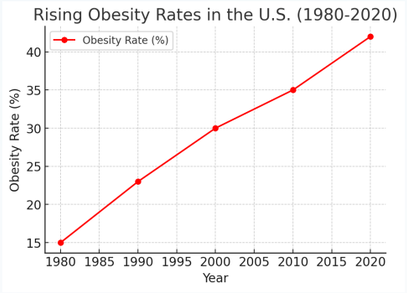
Health-tech company with 10+ years of track record of servicing 5+ million customers and 300+ partners. Semi-finalist in the $101mn XPRIZE Healthspan competition.

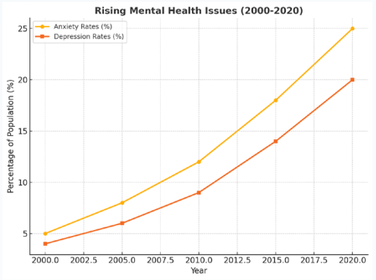
Vishal Gondal (CEO & Founder), serial entrepreneur, recognized digital business leader, notably built and sold his video games company to Disney for $100 million.

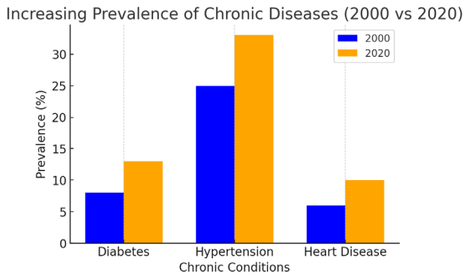


Access to health information has increased drastically.

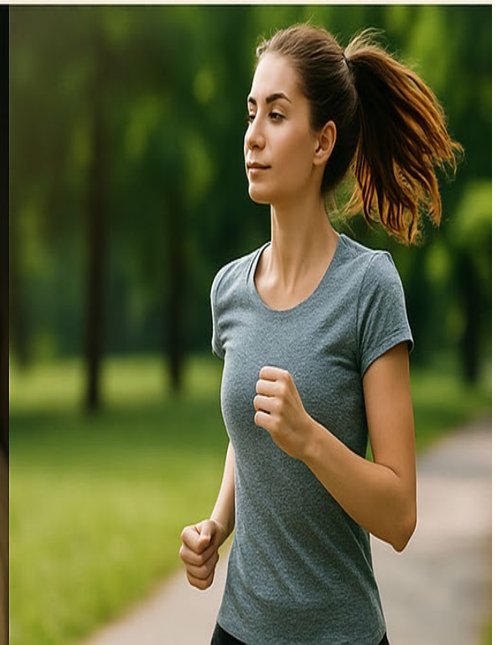
Yet, population is more unhealthy.





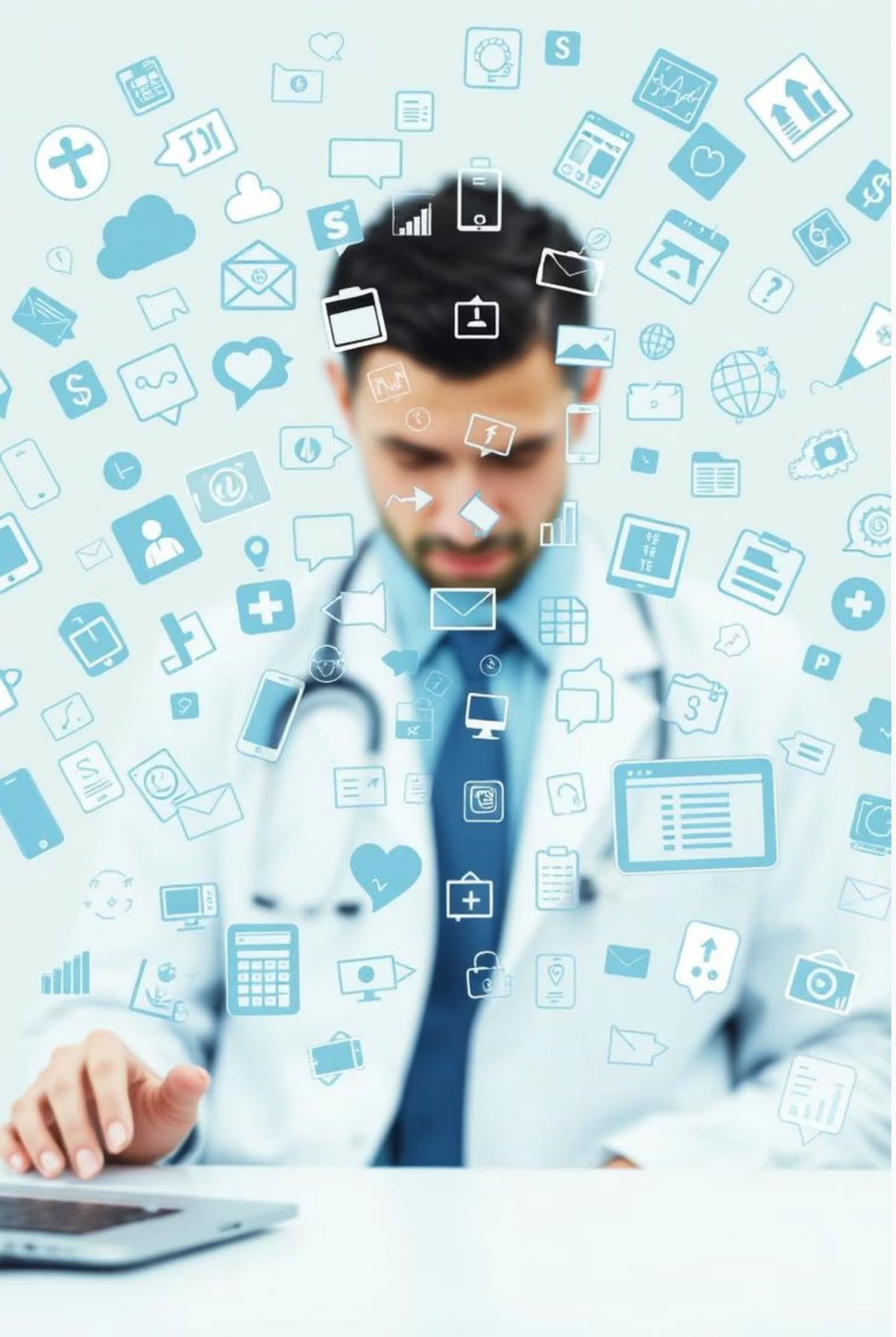


UNHEALTHY VS HEALTHY

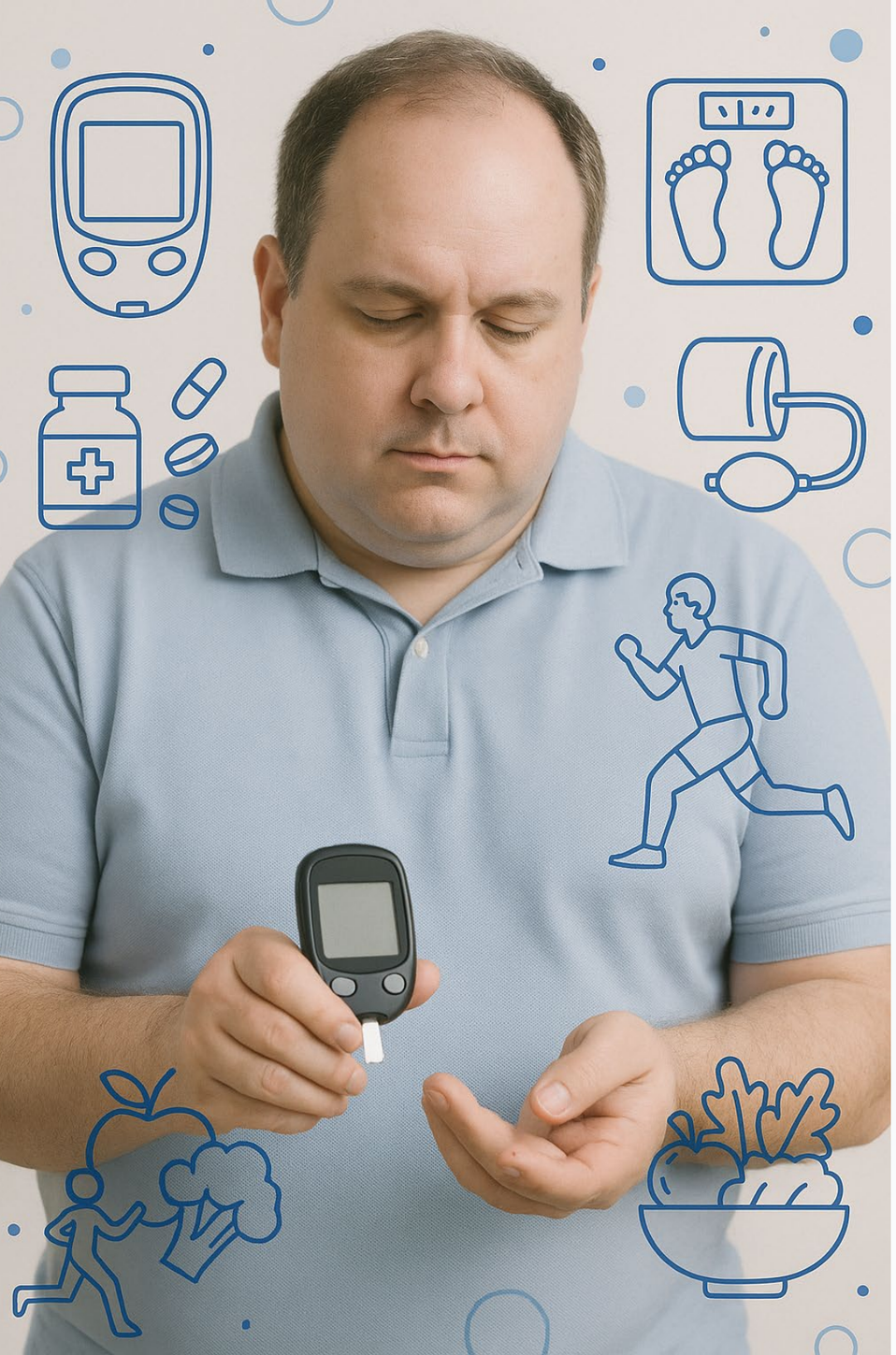


It is NOT an Information Problem.

It is a Motivation Problem.



Problem compounded for Physicians: 350k siloed health apps, unlinked data, flooded EHR inboxes, unbillable physician work.

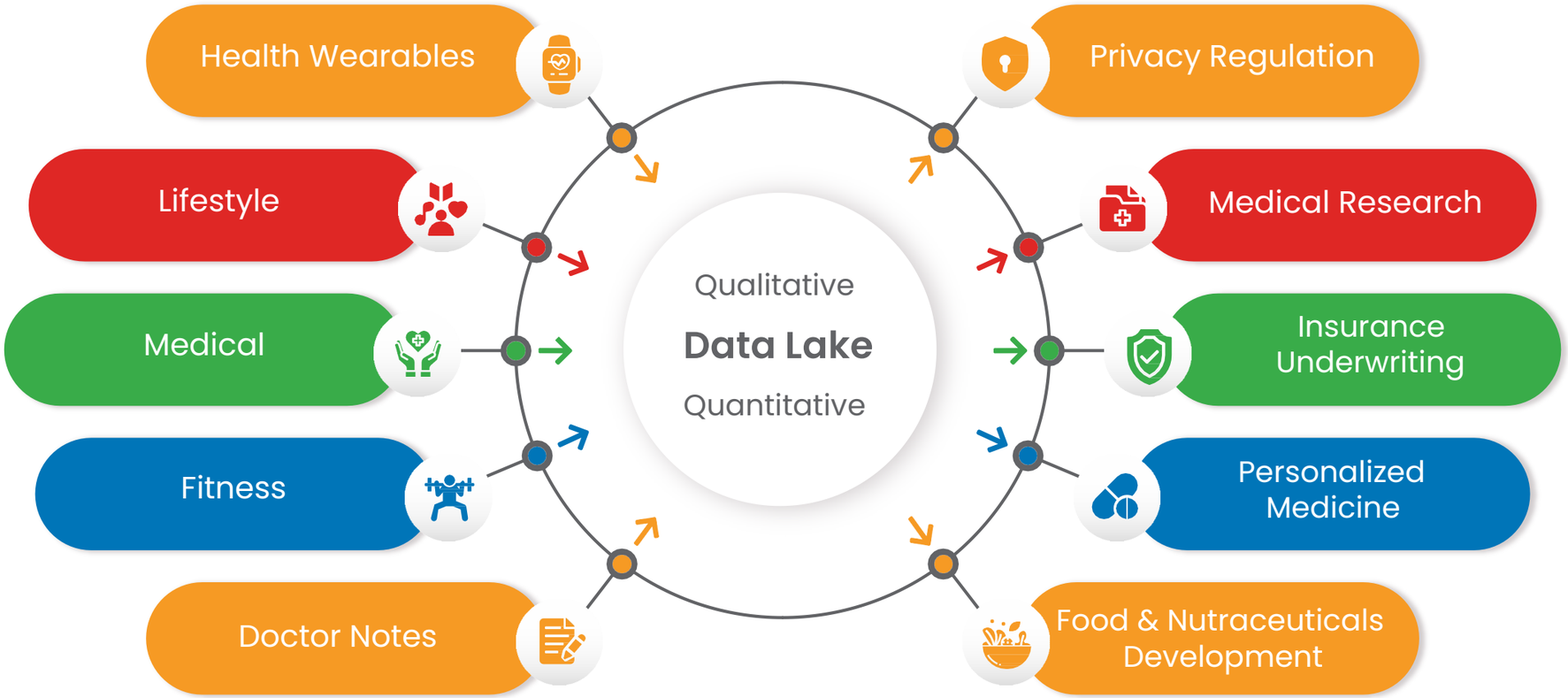


Chronic conditions = 90% healthcare spends.

Requires continuous guided care rather than episodic interventions.

Physician increasingly seen as a Guide in the patient journey.

Physicians can now Leverage the “Internet of Health” with the Power of Wearables, Data and AI



This “Internet of Health” is Leading to the PPP Revolution in Health

Predictive

Personalized

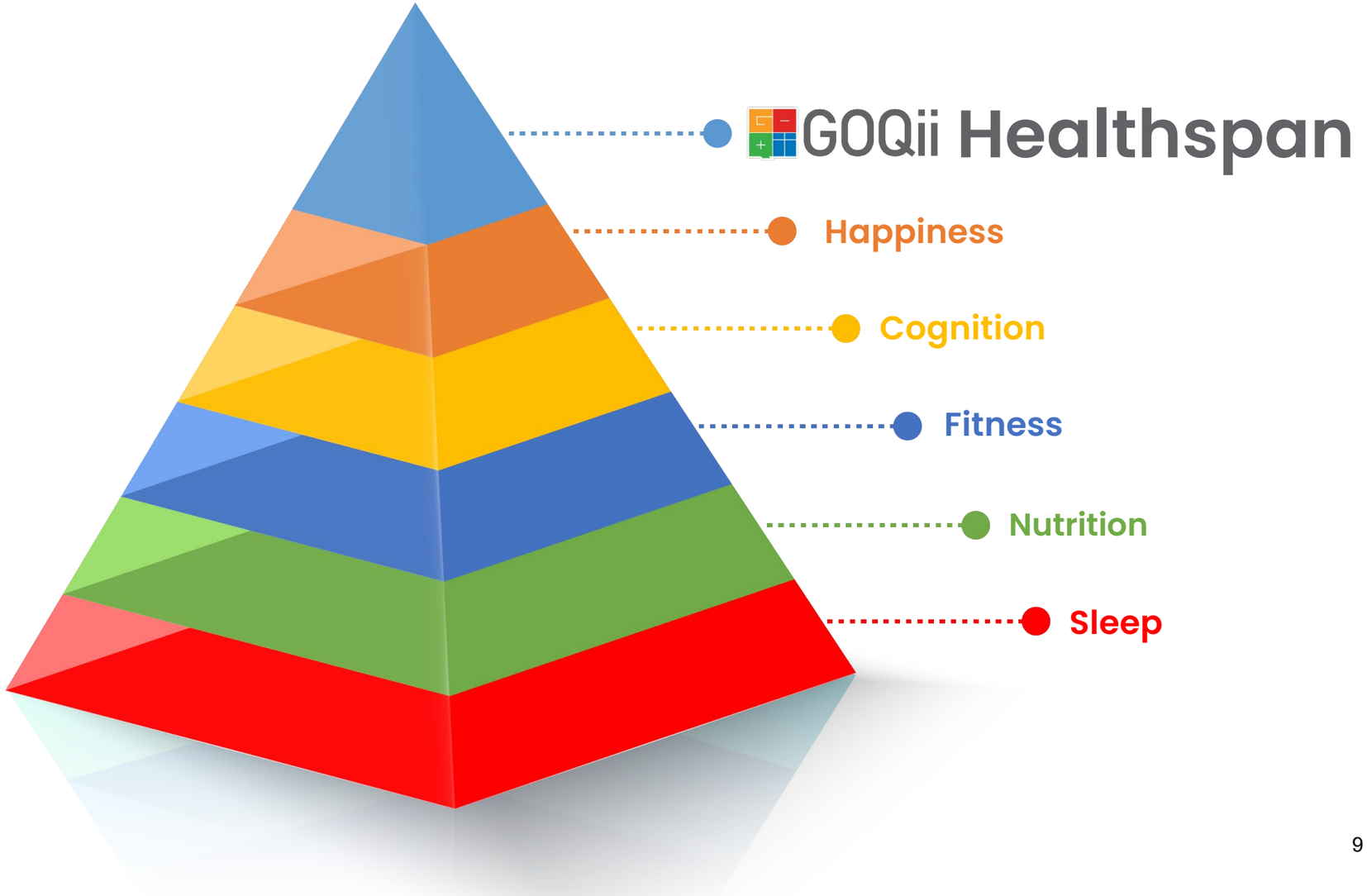
Preventive

GOQii Enables 360° Control by Physicians with Wearable Integrations, AI Assistance and a Full Stack Platform

GAMIFIED

AI ASSISTED

INTEGRABLE WITH EHR



Wearables + Data + Gamification + AI will lead to:

Improved Patient Engagement & Motivation

Better Medical Results & Improved Physician Efficiency

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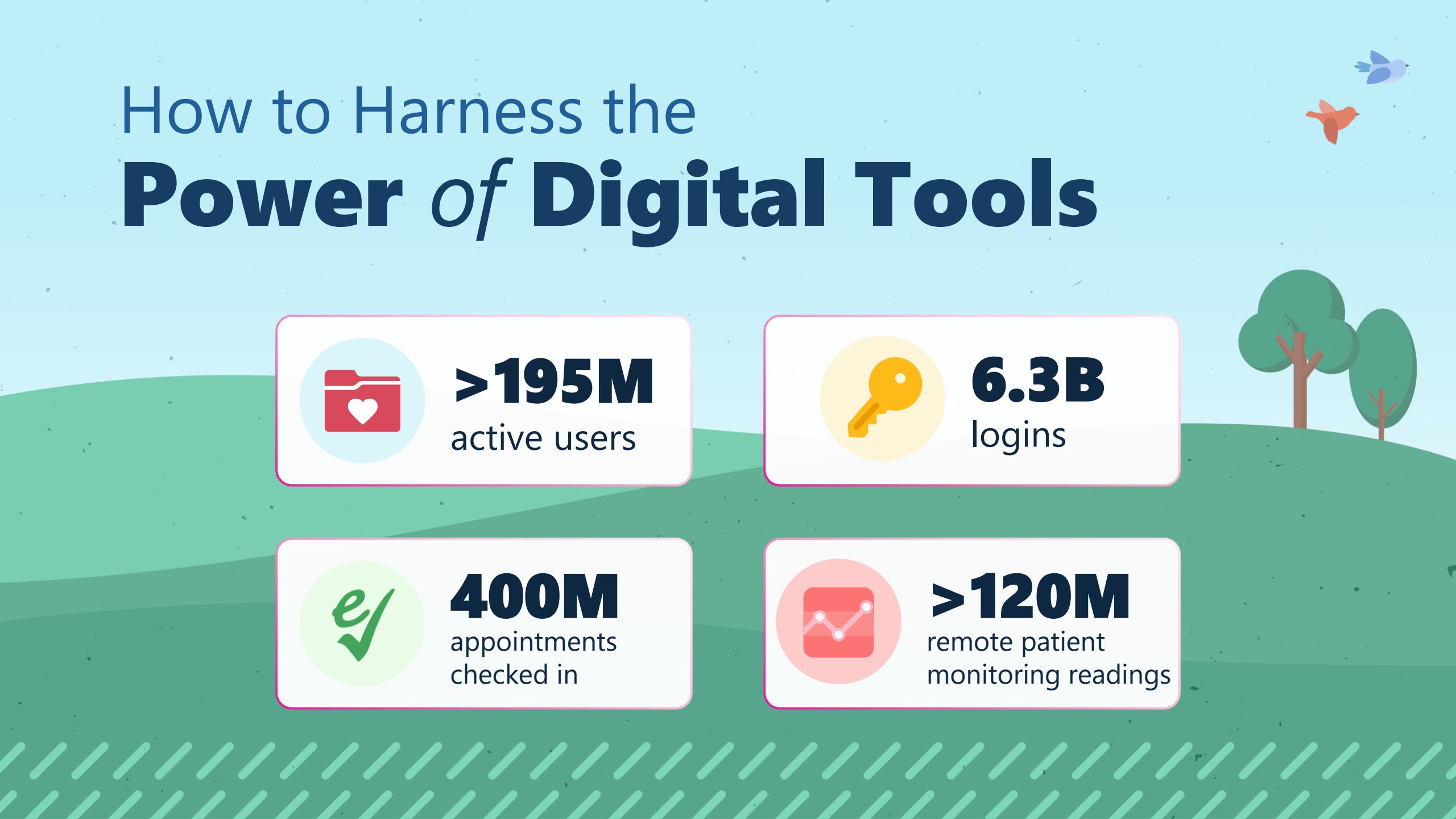
Trevor Berceau

Director, Patient Experience,
Epic

Trevor Berceau

- R&D - Computer Science
- 18 years experience creating software to help clinicians and patients
- Director of MyChart & Patient Experience products at Epic

How to Harness the **Power *of* Digital Tools**



At Home Monitoring & Guidance

UCLA Health

Using MyChart Care Companion to provide standardized postpartum hypertension clinical assessments and management planned

reduced readmissions and ED visits by 75%

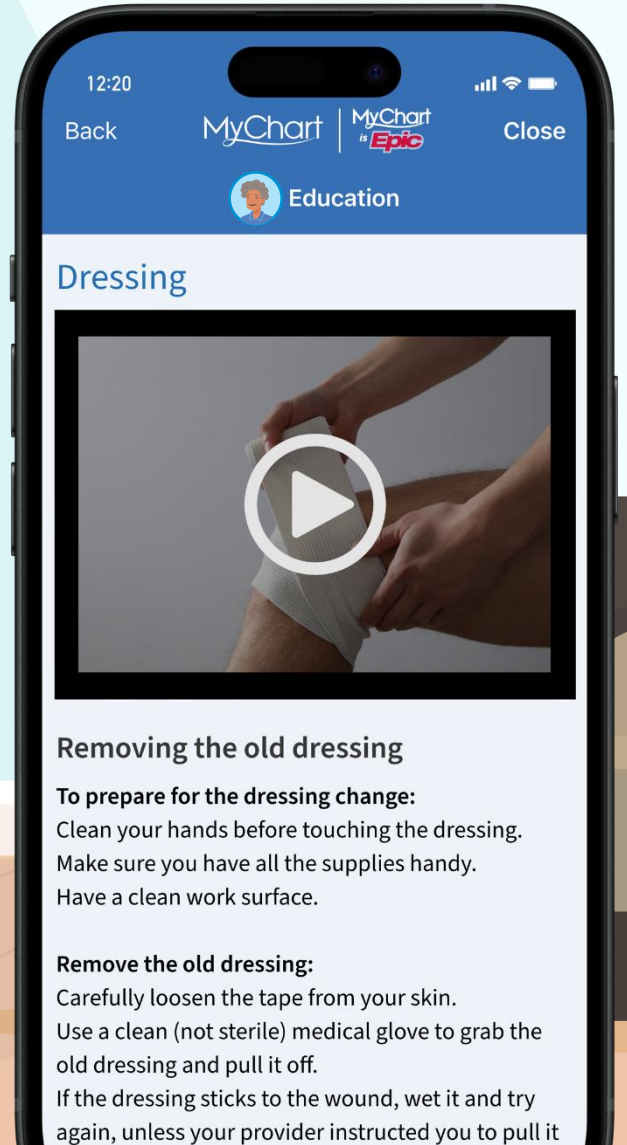
OchsnerHealth

Reduced ED visits and admissions

by 33%

for patients undergoing chemotherapy using MyChart Care Companion for home monitoring

Improving Education & Experience



The Christ Hospital™

89% of patients

using MyChart Bedside say they better understand their medications

71% of patients

were able to better communicate with their care team

NYU Langone Health

85% of patients

who used MyChart Care Companion before a total joint replacement reported feeling moderately to extremely **prepared for their surgeries**

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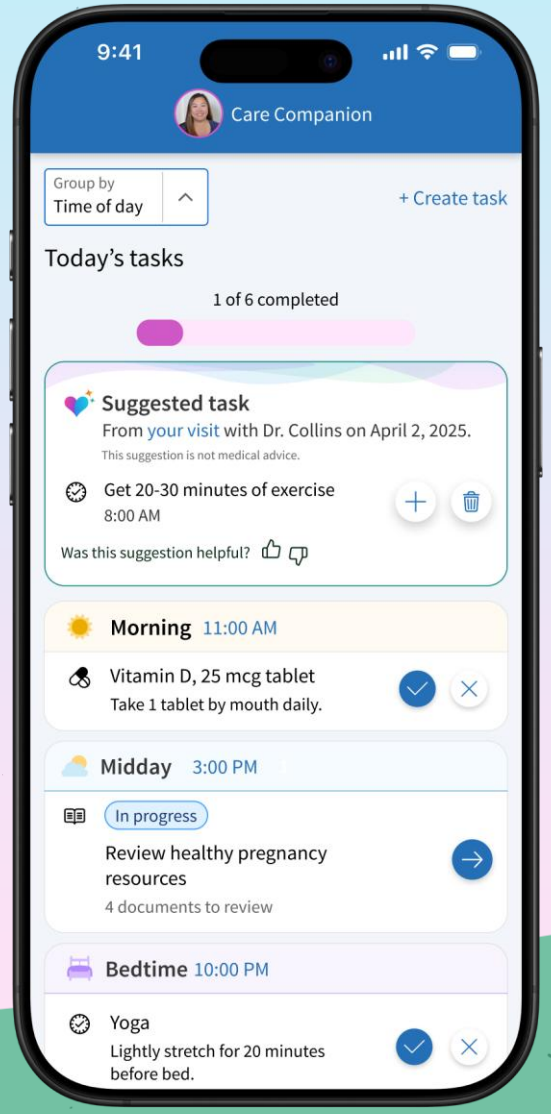
Turn Instructions into Actions



After Visit Summary

Patient Instructions:
Recommend starting home exercises in two days. Handout provided on performing three exercises: lying hamstring curl, lying hamstring stretch, and lying wall stretch. You should perform them for 20-30 minutes every morning for two weeks.

Clinical Note:
Patient has pulled her left hamstring. She should apply ice to the affected area every morning for 20 minutes.

Now live at RUSH

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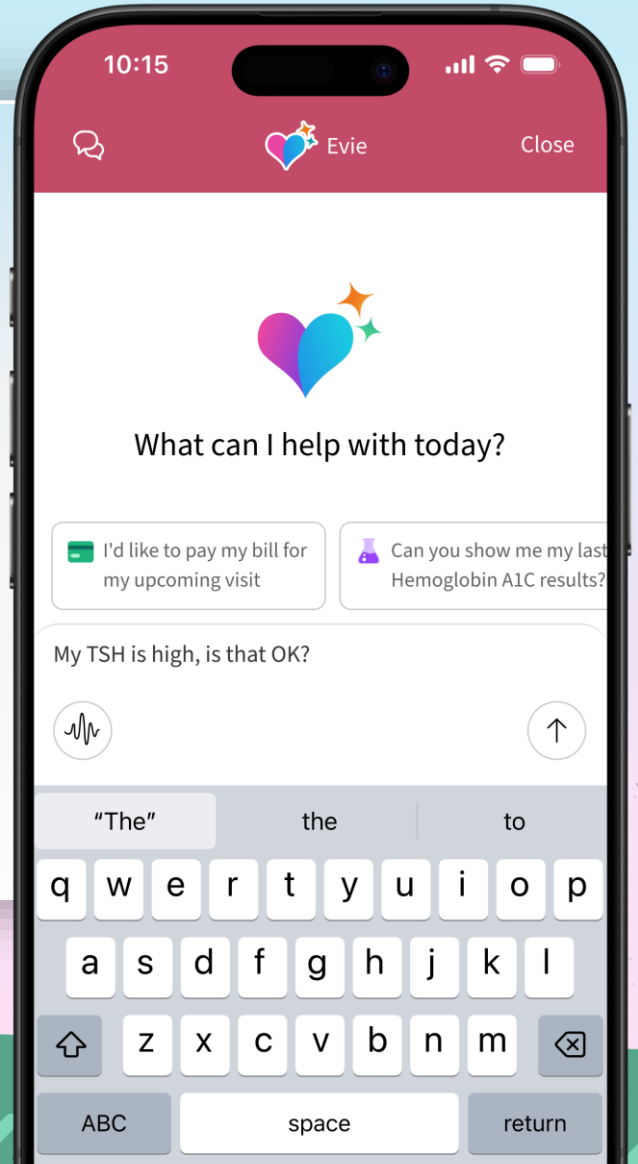
Interactive Education

UC San Diego Health

> This will be wildly popular. I learned a lot about my health without ever leaving MyChart. **This can be to patients what AI charting is to docs.”**

Chris Longhurst, MD



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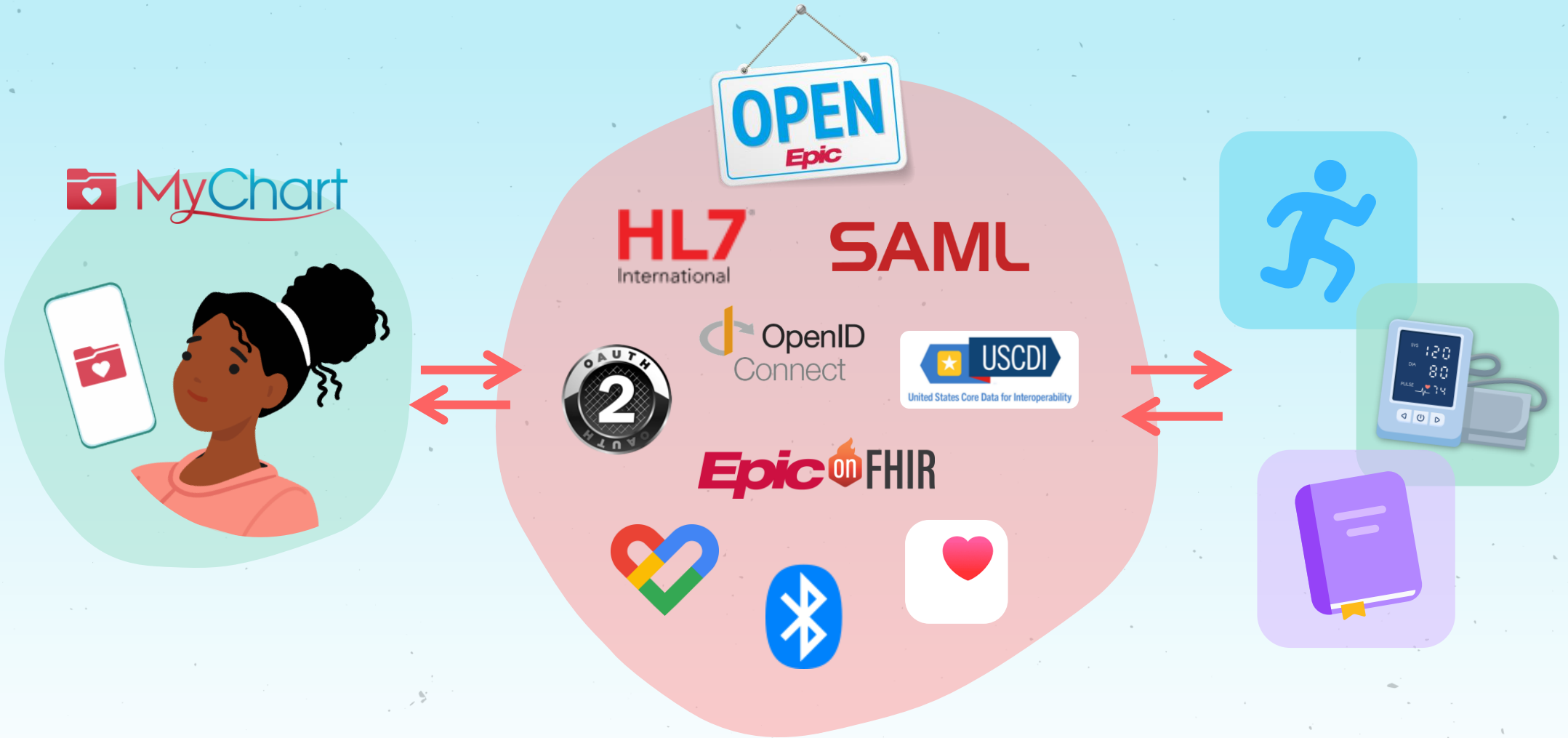
Patient-Mediated Interoperability



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Interoperability *At Scale*

869

patient-facing apps
live across Showroom & Open.Epic.com

539K

app authorizations
through MyChart in the last year

2 billion

FHIR API requests made
by patient-facing apps in the last year

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Key Strategies

Care model driven

- Led by clinicians, collaborating with IT
- Identify outcomes from the start

Easy for clinicians

- Inline in workflow
- Show insights and filter noise

Simple for patients

- Single app for all aspects of care journey
- Personalized, timely nudges

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Session 2: Availability and Effectiveness of Digital Tools for Equipping Patients with Information About Their Health Care

Pradnya B. Bhattad, MD

Interventional Cardiologist

Tools to Improve Health Literacy to Empower Patients

Pradnya Brijmohan Bhattad, MD
Interventional Cardiologist, Minneapolis, Minnesota

[N.B.: The views expressed in this presentation do not represent or reflect those of my affiliated organization or employer]

Disclosures

No conflicts of interests to disclose.

Background

- Patients require comprehensive education about their disease, including understanding their condition, recognizing symptoms, knowing diagnostic procedures, proper medication management, and identifying when to seek medical assistance.

- Patient education materials empower individuals to understand their health conditions, boost health literacy, and facilitate informed decision-making by providing access to current medical evidence and incorporating patient preferences.

- Tailored patient education fosters active engagement, empowerment, and informed decision-making, resulting in improved health outcomes, reduced unnecessary testing, and higher patient satisfaction.

Digital Tools in the Current Era

- Telehealth platforms
- Mobile applications
- Patient portals
- Online health resources including interactive tutorials
- Personalized health data and treatment plans

Telehealth

Increased access: Can reach remote or underserved populations.

Enhanced convenience: Lower wait times and travel needs.

Improve continuity: Helps facilitate regular check-ins and monitoring.

Support chronic care: Manage ongoing conditions through regular virtual visits.

Reduce costs: Reduces hospitalizations and unnecessary visits.

Fosters patient engagement: Encourage active participation in care through accessible communication.

By utilizing telehealth, healthcare providers can deliver more accessible, efficient, and patient-centered care.

Mobile Health Applications

Track health metrics: Monitor vital signs, activity levels, and medication adherence.

Provide health information: Offer resources on conditions, treatments, and wellness.

Send reminders: Notify users of medication schedules, appointments, and health tasks.

Support behavior change: Encourage healthy habits through goal-setting and tracking.

Facilitate communication: Connect users with healthcare providers through secure messaging.

Manage chronic conditions: Help users monitor and manage ongoing health conditions.

Patients can thus take a more active role in their health and wellness.

Patient Portals

Provide access to medical records: View test results, medications, and treatment plans.

Manage appointments: Schedule, view, or cancel appointments.

Request prescription refills: Easily request medication refills online.

Track health information: E.g., monitor health metrics, vaccinations, lab results, etc.

Enhance patient engagement: Encourage active participation in care through educational resources.

Patients can stay thus informed, engaged, and empowered in their healthcare journey.

Additional Tools

Decision aids: Tools that help patients weigh treatment options.

Health literacy assessments: Evaluations to identify individuals' health literacy needs.

Personal health records: Individuals' own records of health information.

Visual aids: Diagrams, illustrations, and charts to explain complex health concepts.

Storytelling: Narratives that convey health information in a relatable way.

Peer support groups: Communities where individuals share experiences and support one another.

Health literacy training for providers: Education to help healthcare professionals communicate effectively.

Health Literacy Training for Providers

Teach clear communication: Strategies for conveying complex information simply.

Improve patient-provider relationships: Enhance understanding and trust.

Reduce misunderstandings: Minimize errors due to unclear communication.

Enhance patient engagement: Empower patients to take active roles in care.

Address diverse needs: Consider cultural, linguistic, and literacy levels.

Training Topics

- Using plain language
- Assessing patient understanding
- **Creating accessible and relevant materials-tailored to individual patients**
- Cultural competency
- Effective communication strategies

By equipping providers with these skills, healthcare organizations can improve patient outcomes and satisfaction.

Thank You

Session 2: Availability and Effectiveness of Digital Tools for Equipping Patients with Information About Their Health Care

Ricky Bloomfield, MD

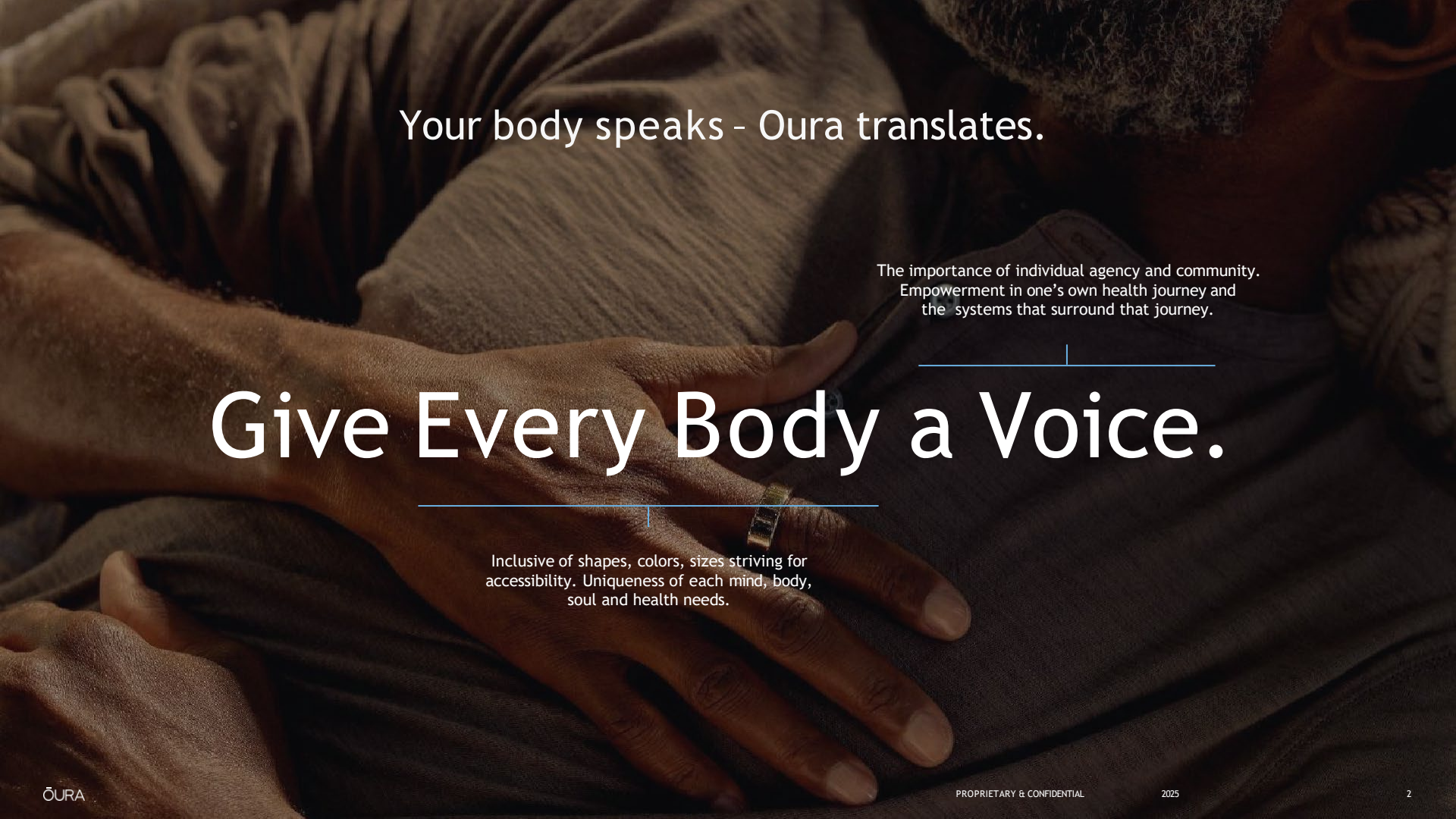
Chief Medical Officer,
ŌURA

ŌURA

Availability and Effectiveness of Digital Health Tools for Equipping Patients with Information about their Health Care

Ricky Bloomfield, MD
Chief Medical Officer

September 8, 2025



Your body speaks – Oura translates.

The importance of individual agency and community. Empowerment in one's own health journey and the systems that surround that journey.

Give Every Body a Voice.

Inclusive of shapes, colors, sizes striving for accessibility. Uniqueness of each mind, body, soul and health needs.

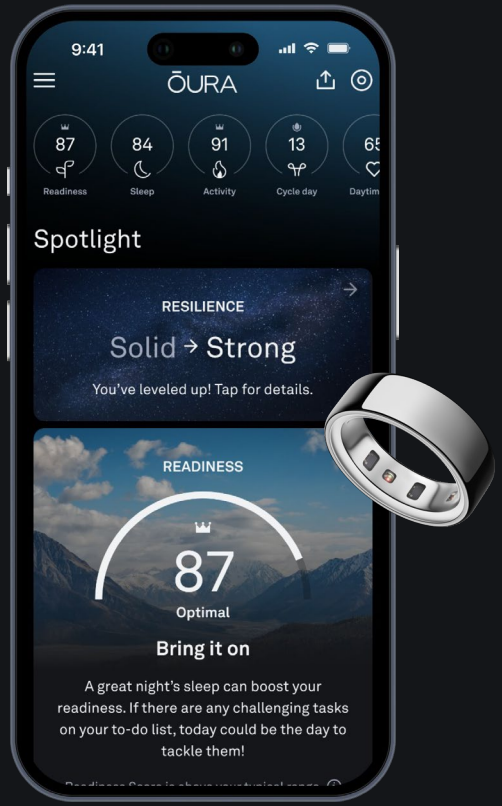
50+ health and wellness metrics and insights

Oura Ring measures 50+ health and wellness metrics, including:

- Blood oxygen sensing
- Respiratory rate
- Sleep timing and quality
- Resting heart rate
- Daytime heart rate
- Heart rate variability (HRV)
- Temperature trends
- Pulse Wave Velocity (PWV) -CV Age

Collected data provides insights on:

- Activity levels
- Step tracking
- HRV balance
- Calorie burn
- Cycle Tracking and Period Prediction
- Inactive times, naps
- Automatic activity detection
- Light, deep, and REM sleep
- Nighttime movement
- Stress and Resilience



The world's most scientifically validated smart ring

Oura has a world-class interdisciplinary science team consisting of several decades of combined R&D experience.

The team includes scientists, engineers, and project managers with expertise in a broad range of health and wellness areas, including sleep, reproductive health, cardio-metabolic health, fitness and performance, stress, and behavioral science.

List of Oura Studies

100s

of granted and pending patents

30+

PhDs working as part of our in-house interdisciplinary science team

170

Published, peer-reviewed research studies involving Oura

HARVARD UNIVERSITY · UCSF · UC San Diego · NUS National University of Singapore

Built for accuracy

The finger provides the most accurate reading of heart rate, temperature, blood oxygen levels, and more.

99%
Heart Rate Accuracy
r^2 compared to ECG

92%
Body Temperature Accuracy
r^2 compared to lab standard

98%
Heart Rate Variability Accuracy
r^2 compared to ECG

79%
Sleep Tracking Accuracy
Compared to clinical polysomnography at 83%

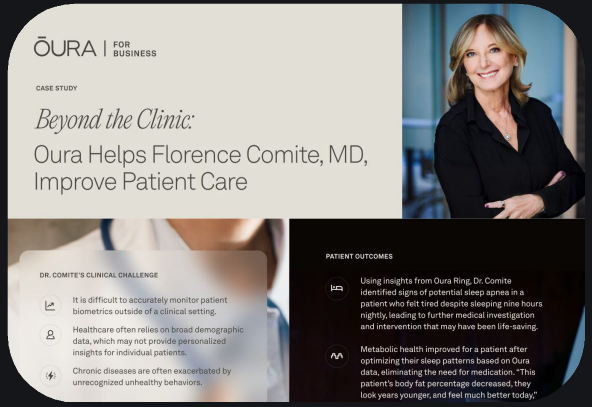
* https://iopscience.iop.org/article/10.1088/1361-6579/ab840a
** https://www.mdpi.com/1424-8220/21/13/4302

Proprietary & Confidential

Oura in Practice: Clinical Use Cases

Clinician Burnout

Working with partners like the Defense Health Agency and Cerner on burnout coaching for clinicians



Primary Care

Partnered with innovators in precision medicine and primary care

Chronic Care Management

Oura is a covered medical benefit in a leading 5 star rated Medicare Advantage plan in the U.S.

Expand Users' Access to Data and Care

Dexcom®

MAVEN