![healthfirst cares — Powered by Welldoc]

Put personalized care in the palm of their hands.

Deliver care more efficiently and effectively—connecting smart devices, data, and insights in a single, connected chronic-care hub.

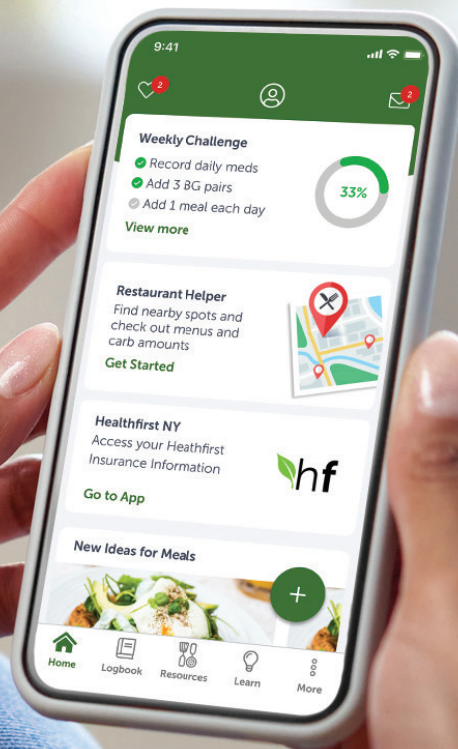## What is the Healthfirst Cares powered by Welldoc® App?

The Healthfirst Cares powered by Welldoc App ("Healthfirst Cares") is an FDA-cleared Class II medical device app for people aged 19 years and older who have been diagnosed with prediabetes or type 2 diabetes.* Fueled by advanced artificial intelligence (AI), the Healthfirst Cares App delivers personalized, real-time feedback and guidance, creating a safe, accessible space for patients to learn about their health and stay motivated. Patients can manage and track their health while sharing crucial health data and insights with their care team.

The Healthfirst Cares App is not intended to replace the care provided by a licensed healthcare professional. In fact, it is designed to support your treatment plan and to help improve patient outcomes.

What do we mean by "Advanced AI?"

The app's advanced AI learns and adapts to user inputs, making coaching available 24/7 and offering patients real-time feedback between office visits—when they need it most.

See more, know more, and do more between office visits.

The SMART Visit Report® consolidates and analyzes patient-generated data to provide insights, trends, and patterns that go beyond glycemic data by integrating standards of care, blood pressure, and lifestyle information. Patients can create a schedule or send the SMART Visit Report manually, between office visits, to help you make more informed clinical decisions.

Key Features

Personalized Digital Coaching

The Healthfirst Cares App provides personalized digital coaching messages, backed by patient-generated data, to ensure precise coaching as the patient tracks and engages with the app. Real-time insights, tips, reminders, and education help patients stay far more engaged, and more likely to self-manage their conditions.

Sync Devices and Data Sources

Patients can seamlessly connect to 400+ devices and data sources, including activity trackers; vital health data such as weight, blood glucose, and blood pressure; and lab and pharmacy data. In addition, patients have the option to manually enter data.

Nutritional Support and Guidance

The Healthfirst Cares App has a robust set of nutritional tools supported by real-time guidance and insights that make it easy for patients to plan, capture, and track their meals, helping them make more informed nutritional decisions each day.

SMART Reminders

Patients can set up medication reminders by entering their medications manually or by securely importing them from the pharmacy—so that they never miss a dose. They can also set reminders to stay on track with annual diabetes screenings and tests.

Clinically Based Education

An AI-driven educational curriculum, adapted from CDC, ADCES,* and American Heart Association programs, meets patients where they are in their journey. With concise and digestible articles and videos, the app can help cultivate awareness and knowledge about chronic conditions over time.

Personalized Reports, Trends, and Insights

Patients can easily track their progress with personalized reporting that uses their data to help them draw connections and deep learning with daily, weekly, and monthly pattern-based insights.

*Centers for Disease Control and Prevention (CDC); Association of Diabetes Care & Education Specialists (ADCES)

"It's very beneficial in managing my diabetes and in working with my doctor as a team."

–App User

Eligible Healthfirst members can download the Healthfirst Cares App today!

Eligible members can search for "Healthfirst Cares" in Google Play or the App Store to download the Healthfirst Cares App.

If they have a Healthfirst NY Mobile App account, they should select "Login" and enter their existing account information. If they do not have a Healthfirst NY Mobile App account, they should select "Sign up."

Scan the code to learn more about the Healthfirst Cares App:

View and download resources for the Healthfirst Cares App here: **HFproviders.org**.

Questions?

If your patient has any questions, they can call the Member Services phone number on their Member ID card.