

Name: **Smith, Jones** DOB: **MM/DD/YY** ID: **123465**

Gender: **Male**

Age: **45**

Diabetes: **Type 2**

Cardiometabolic Medications

1

grimepiride 4 mg
1 tablet(s) 2 time(s) a day

metformin 1,000 mg
1 tablet(s) 2 time(s) a day

Lipitor 10 mg
1 tablet(s) 1 time(s) a day

lisinopril 10 mg
1 tablet(s) 1 time(s) a day

See full report for complete medications list

90 Day Blood Glucose Summary (Jun 20 - Sept 17 2022)

2

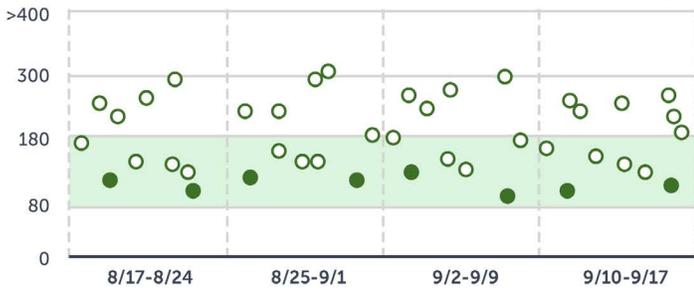
Date	Entries	Avg. BG*	Projected A1C (goal <7%)	High BGs ≥300	Low BGs <70	Highest BG (date)	Lowest BG (date)
Aug 19 - Sep 17	51	175	7.7	2	2	350 (Aug 20)	55 (Aug 20)
Jul 20 - Aug 18	53	184	8	1	1	310 (Jul 21)	56 (Aug 11)
Jun 20 - Jul 19	48	182	8	--	--	289 (Jun 21)	105 (Jul 12)

**Synced meter readings HI: > 600 mg/dL LO: < 20 mg/dL

* Average BG and projected A1C require >= 10 BGs distributed over time of day

How Is The Diabetes Plan Working? (BG Weekly Trend)

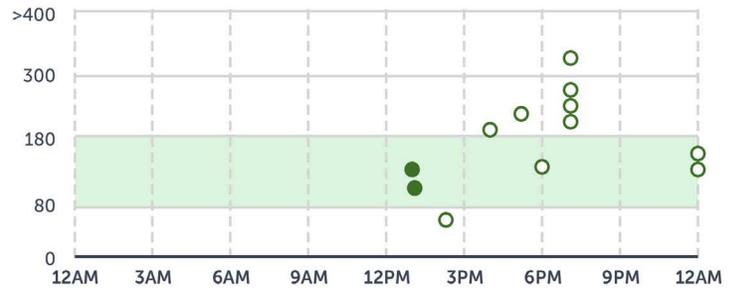
3



Legend: BG Target ● Before Breakfast/Fasting ○ Other

Are There Time of Day Concerns? (Modal Day)

4



Healthfirst Cares Clinical Summary

5

Labs	Previous Value (Date)	Most Recent Value (Date)	Status
A1C	6.6% Jan 1, 2019	7.3% Oct 24, 2019	Out of Target Goal <7%
LDL	---	122 mg/dL Nov 27, 2019	High Risk Goal <7%
Physical Measures	Previous Value (Date)	Most Recent Value (Date)	Status
BP	138/78 mmHg Jan 1, 2019	143/80 mmHg May 24, 2019	Out of Target
BMI	---	175 lbs/28.2 May 24, 2019	Out of Target
Preventative	Date	Status	
Influenza Vaccine	Oct 9, 2019	Up to Date	
Pneumonia Vaccine	---	Overdue	
Comprehensive Foot Exam	Oct 29, 2019	Status	
Dilated Eye Exam	Nov 5, 2019	Overdue	
Tobacco Usage	---	Data Unavailable	

Self-Management Behavior Summary

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Self-Care Behavior	Plan
Monitoring Entered 9.8% of BGs in real time*. Entered a note with a BG 0% of the time.	Encourage entering BGs in real time*. Encourage patient to add a note with a BG especially if lower or higher than usual. <i>*Patient receives real time guidance when a BG is entered within 2 hours of actually checking.</i>
Healthy Eating Entered carbs 11 times Highest carb: 67 g Lowest carb: 6 g	Acknowledge patient has been entering carbs. Explore food concerns and refer to healthy eating tools and resources in app.
Taking Meds Recorded 22% of meds. Has set med reminders.	Explore any issues with taking meds including cost and side effects. Emphasize the importance of keeping med lists up to date for app messaging.
Being Active Steps: No data available Other Exercise: No data available	Highlight ability to connect with health and fitness trackers. Acknowledge patient is tracking activities. Explore any issues with exercise.

Week	Entries	Minutes
Nov 26-Dec 2	7	215
Nov 19-Nov 25	2	50
Nov 12-Nov 18	3	63
Nov 5-Nov 11	2	50

30-Day Blood Pressure Log

7

Date	Entries	Proportion of sBP in Range	Highest sBP (Date)	Lowest sBP (Date)	Median sBP
Aug 19 - Sept 17	2	50%	200/80 (Sept 12)	130/80 (Sept 17)	165/80

Self-Management Education

8

- Diabetes 101
- Problem Solving
- Monitoring
- Being Active
- Taking Medication
- Healthy Coping
- Healthy Eating
- Reducing Risk
-

Signature:

Review Date:

How to use the Healthfirst Cares powered by Welldoc® App SMART Visit Report®

The SMART Visit Report (SVR) is a comprehensive 10-page report that consolidates patient-generated data to show patterns and trends over time. The first page of the SVR is an overview focused and designed to be a summary of key patient health data. For more details, you can navigate to the logbook section in the full report.

There are two possible views of the SVR based on how patients track their information. One for patients managing their blood glucose (BGM), and another for patients using a continuous glucose monitor (CGM). Sections 2 and 3 show an example of the CGM view in the report.

1 Section 1: Cardiometabolic Medications

If a patient is tracking their medications in the Healthfirst Cares App, their medication list will show here.

- Ensure the accuracy of meds and dosages
- Assess if changes to meds, dosing, or timing are needed
- Encourage updates in the Healthfirst Cares App if needed

2 Section 2: Glucose Summary

90-Day Blood Glucose Summary (BGM)

- Review frequency and timing of BGM, checking for adequacy
- Note average BGM and projected A1C. How does this correlate to their actual A1C?
- Note the number of low and high BGMs (if necessary, check the patient's logbook for any notes that may add context to these readings)

How is the Diabetes Plan Working?

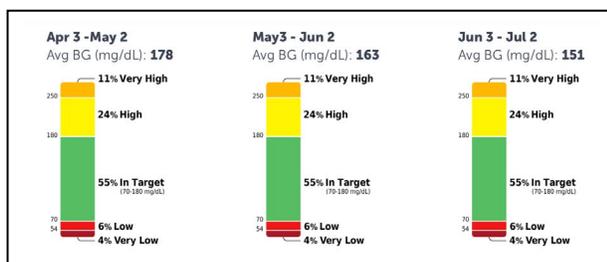
- Check trend graph to see how the patient's blood glucose is trending over time (overall improving or needs assistance)

Are there Time of Day Concerns?

- Check the time of day graph to see when the blood glucose is staying in target and where there are excursions
 - If there are low BGM readings, be sure to address those first then resolve the high BGMs

90-Day Glucose Summary (CGM)

- Review time in range for each of the past three months. Typically, the goal is 70% of time in range
- Note the time below and above range in the past month



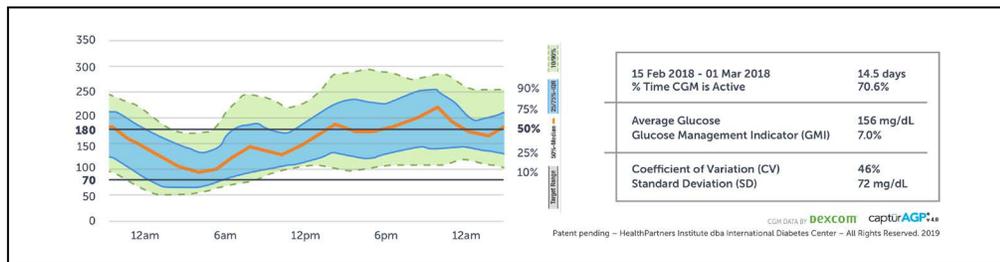
3 Section 3: Glucose Overview

How is the Diabetes Plan Working? (BGM)

- Check the trend graph to see how the patient's BGM is trending over time to determine if the patient is improving overall or needs assistance

30-Day Summary - Ambulatory Glucose Profile (CGM)

- Check the trend graph to see how the patient's CGM is trending during the day from 12am–12am
- Is there a time of day that is of concern?
- If there are low CGM readings, be sure to address those first, then resolve the high blood glucose readings



4 Section 4: Are there Time of Day Concerns? (BGM)

- Check the time of day graph from 12am–12am to see when the BGM is staying in target and where there are excursions
 - If there are low BGM readings, be sure to address those first then resolve the high BGM readings

5 Section 5: The Healthfirst Cares App Clinical Summary

- The clinical summary provides an overview of the patient’s vital health information via connected devices, labs, and pharmacy data

6 Section 6: Self-Management Behavior Summary

The “Self-Behavior” column shows the patient-generated data. The “Plan” column provides suggestions around how the patient can optimize the app’s capabilities.

- Note the percentage of blood glucose entries in real time
 - Encourage the patient to enter in real time as often as possible to benefit from the contextualized feedback
- Review the percentage of blood glucose entries that include a note and the type of note entered
 - It may be helpful to see the patient’s logbook to see notes affiliated with a particular blood glucose
- Review to see if the patient is entering carbohydrates and activity
- Explore the patient’s interest in healthy eating, carb counting, and exercise
 - If interested, point the patient to available resources within the Healthfirst Cares App

7 Section 7: 30-Day Blood Pressure Log

- Review how often the patient is measuring their blood pressure
- Encourage the patient to enter BPM in real time, as often as possible, to benefit from the contextualized feedback
- Note the median BPM
- If necessary, review the logbook for a record of each reading and notes recorded
- Explore the patient’s interest in healthy eating, carb counting, and exercise
 - If interested, point the patient to available blood pressure resources within the Healthfirst Cares App, including videos and articles to support BPM

8 Section 8: Self-Management Education

See if a patient is accessing the Healthfirst Cares App education curriculum. The check marks show if a patient has completed a full course.

Healthfirst Cares powered by Healthfirst Cares® App (“Healthfirst Cares”) is a Software as a Medical Device (SaMD) intended to be used by healthcare providers (HCPs) and their patients—aged 18 years and older—who have type 1 or type 2 diabetes. Healthfirst Cares is intended to assist patients in managing their diabetes with guidance from their providers. Healthfirst Cares has two versions—Healthfirst Cares Diabetes OTC and Healthfirst Cares Diabetes Rx. The privacy and security of your personal information is very important to us. We protect it in accordance with the Health Insurance Portability and Accountability Act.

Coverage is provided by Healthfirst Health Plan, Inc., Healthfirst PHSP, Inc., and/or Healthfirst Insurance Company, Inc. (together, “Healthfirst”).