Introducing myHeart, the latest App from my mhealth.

myHeart has been designed by clinical experts to support, guide and empower patients with cardiac conditions, and facilitate the care provided by their clinical teams.

It is also a complete, online, comprehensive cardiac rehabilitation program for those recovering from a cardiac event or surgery.

myHeart is for patients who have had a recent or past cardiac event (ACS/MI), undergone heart surgery (CABG/valve repair) or recent intervention (PCI), and to support those living with heart failure to improve their symptoms and quality of life.

At just £40 per patient, for a lifetime, myHeart is the most cost-effective and complete digital intervention available, and can be used to improve outcomes and efficiency across the entire patient pathway.
The ageing population and improved survival of patients with a number of cardiac conditions has led to a huge increase in the prevalence of heart failure, leading to significant morbidity and mortality. Heart failure places a large clinical burden on the patients, who are given a vast array of information and treatments, and on the health professionals treating them.

myHeart offers a major breakthrough in the management of heart failure and a number of other cardiac conditions. It empowers patients to take greater control and ownership of their illness and has the potential to address many of the current challenges in cardiac care.

The intuitive platform delivers high quality cardiac rehabilitation and interactive educational content that is customised to be relevant to each patient's condition. It allows patients to easily and rapidly self-document their clinical status and gain feedback on their progress, and facilitates communications between the patient and their health professionals in ways which were previously untenable.

myHeart is a much needed revolution in cardiac care and has enormous potential to improve patient outcomes.”

Dr Christopher Boos
Consultant Cardiologist Poole Hospital NHS Trust. Visiting Professor, Carnegie Research Institute.
Why does healthcare need myHeart?

Cardiovascular disease is a leading cause of morbidity and mortality both in the UK and globally.

Every three minutes someone is admitted to hospital having suffered a suspected heart attack.

Everyday, in the UK, about 550 people are admitted for the treatment of heart failure. 2.3 million people live with coronary heart disease.

Together heart failure and coronary heart disease cost the NHS around £9bn. This is 8% of the total NHS budget.

myHeart provides an innovative enhancement to the classical face-to-face consultations and cardiac rehabilitation programs, bringing together patient reported data, alongside clinical data e.g. ECGs, improving patient outcomes, clinician efficiency and workflows.
Why my mhealth?

my mhealth are perfectly positioned to help the NHS meet the pressing need to improve efficiencies and outcomes in the management of long-term conditions.

We create Apps which empower patients through digital self-management and enable remote service delivery by clinicians at both an individual and population scale.

Our Apps are MHRA certified, and we operate under strict clinical (DCB 0129) and information governance (IGT Level 2 compliant) frameworks.

In addition, we also offer our expert led Digital Transformation Team service to aid deployment and help co-design patient pathways.

We are currently working with over 100 CCGs in England, integrating Apps into patient pathways, transforming care and improving outcomes.

Following the unprecedented success and impact of our existing solutions we are delighted to introduce our latest App - myHeart. This powerful and highly cost-effective digital intervention is now ready to be used by patients and clinicians to transform the management of cardiovascular diseases.
Who is myHeart for?

myHeart is an App designed by clinical experts to benefit patients with cardiac conditions, and assist the clinicians who look after them.

myHeart benefits patients suffering with:

- Heart Failure
- Ischaemic Heart Disease
- Post cardiac event (ACS/MI)
- Pre/post cardiac intervention (PCI)
- Pre/post cardiac surgery (CABG/valve replacement and repair)
What does myHeart do for Patients?

We believe that people should be supported to be as independent and healthy as possible; thereby preventing complications, and the need to go into hospital.

myHeart gives patients 24/7 access to a range of powerful tools to optimise self-management for a range of cardiac conditions.

Based on their clinical history, and the timing of their event or surgery, myHeart will intelligently populate its content to provide relevant clinical material, rehabilitation and education at exactly the right time. For example, a patient suffering with a recent MI will receive education about how to cope immediately post event and will be prevented from entering the online cardiac rehabilitation program for two weeks post event.

The key features are:

Risk factor modification:

myHeart allows patients to set targets, either on their own (supported by education) or with their clinician. It then enables them to learn and perform interventions to improve their general health and fitness levels, and to subsequently monitor the impact.

Risk factor monitoring and management.

- Blood Pressure
- Cholesterol
- Smoking
- Kidney Health

As part of the my mhealth family of Apps, patients will have access through the same username and login to myDiabetes, myAsthma and/or myCOPD if they suffer with these conditions. This addresses the need to manage all comorbidities optimally to improve their patient’s long term outcomes (a separate purchase is necessary for patients to access the other apps).
Cardiac Rehabilitation

myHeart provides a full cardiac rehab program customised to the patient including post-intervention recovery programs, and are suitable for patients of all disease severities. Post surgery patients have access to breathing, walking and flexibility programs. All patients then have time-gated access (according to the timing of their event) to a seated and standing level 1 and 2 program.

Empowerment and Education

myHeart has over 100 hours of high-quality educational content, produced in-house by the mymhealth clinicians and media team.

This content will be tailored to each patient’s particular needs based on their cardiac diagnoses and stage in their treatment journey. For example, myHeart delivers specific post-surgical and post MI education courses. Relevant immediately post-event, throughout their recovery, and beyond.

In addition to the education, empowerment comes from the range of tools that can be used through or with myHeart.

This includes:

- The facility to store and subsequently view ECGs and ECHOs, and their reports.
- The integration of wearables to record activity, such as a Fitbit.
- The medicines management component of the App, records all the relevant medications and highlights potential conflicts.
Coronary Artery Bypass Grafting (CABG)

The blood vessels that create this bridge are normally obtained from inside the chest wall, the leg or the arm.
What about clinicians?

**myHeart enables remote monitoring and management at both an individual and population level.**

Our unique clinical App seamlessly connects the patient and clinician to create a powerful co-scripted medical record that delivers a range of interventions and monitors their impact.

myHeart augments standard care; transforms clinical workflows and pathways, leading to significant improvements in outcomes and efficiencies.

To optimise the digital integration of myHeart, we work with local clinical teams through our Digital Transformation Team service to understand your current patient pathways and identify key areas where myHeart can improve service delivery.
How can cardiac rehab services use myHeart?

Cardiac rehabilitation is an integral part of the recovery process after a cardiac event.

However, the latest National Audit of Cardiac Rehabilitation states that 49% of eligible patients are currently not receiving any intervention. The report states that:

“A greater range of modes of delivery, beyond just group-based, should be offered to patients.”

myHeart can be used to increase access to cardiac rehabilitation and provide an effective addition to existing programs, so patients can exercise safely at home, and access comprehensive education about their condition.

How does myHeart improve and augment the current cardiac rehabilitation model?

• Provides access to patients who cannot attend class-based rehabilitation.
• Supports home based exercises between classes.
• As a maintenance program following completion of the course.
• Optimises other areas of management.

From our experience integrating myCOPD within pulmonary rehab services across the UK, we can help cardiac rehab centres use myHeart to set up a hybrid service for patients streamed into standard class based, hybrid and full digital rehabilitation based on patient ability, and preference.
Today is 8 weeks after my Coronary Artery Bypass Grafting

Course Completed
Cardiac Rehabilitation (Heart Failure)
Congratulations you can revisit these exercises at any time.
What are the benefits?

A recent systematic review and meta-analysis found that digital health interventions, which were more limited in scope and performance than myHeart, were able to achieve a nearly 40% relative risk reduction in ischaemic heart disease outcomes.\(^1\)

These effects were particularly prominent in secondary ischaemic heart disease prevention, and in patients with heart failure.

This suggests that if we successfully harness the power of myHeart by deploying the App at scale to patients with cardiac conditions we will release a myriad of financial and clinical benefits.

**Example 1: Cardiac Rehab**

Around 50% of eligible patients are not currently receiving cardiac rehabilitation, meaning approximately 65,000 patients / year are not benefiting from this life-changing intervention.\(^2\)

Previous studies have suggested that cardiac rehab results in cost savings, on average, of c.£438 / patient from reduced readmissions alone.\(^3\)

Therefore, if myHeart was used to deliver cardiac rehab to this group of patients alone there would be an annual cost saving of around £130,000 per CCG. Procuring and deploying this impactful intervention at this scale could contribute significantly to the digital transformation needed by the NHS.
Example 2: Heart Failure

For patients with heart failure, myHeart can be used effectively by community heart failure teams. Management of this condition relies on the regular monitoring of symptoms and weight, the correct use of medicines and a self-management plan.

myHeart allows daily monitoring of:

- Symptoms of breathlessness
- Number of pillows used
- Fatigue scores
- Weight
- Fluid intake

These are charted to be viewed by the patient and the clinical team. myHeart provides a standard heart failure self-management plan that can also be customised by clinicians. Medication adherence can be improved by the medication diary function.

Patients also have access to:

- Cardiac rehabilitation exercises in seated and level 1
- A heart failure education course
- Risk factor monitoring and modification
- Mindfulness area

For the clinical team caring for these patients there is a clinical dashboard to manage and monitor patient symptoms, risk factors and weight. myHeart also provides an area for storing clinical notes, uploading ECGs and more.

Other functions:

Notifications

myHeart can be used to send a message to an entire disease specific, patient population, for example to send a message to alert patients that the flu vaccine is now available. Messages can also be sent by clinicians to individual patients.

Telehealth

This Telehealth app can be activated by local telehealth clinical teams. This app is used with the myHeart app to enable the comprehensive monitoring required in telehealth services.

Self-management, rehabilitation, comprehensive education and telehealth are then delivered in a single system. Costs are significantly reduced (by almost 70%) because the platform can be used on almost any device that can connect to the internet.
How do you get myHeart?

If you are interested in myHeart and would like to find out more about the app, discuss the requirements of your organisation, or place an order, please contact:

Email: info@mymhealth.com

Telephone: 01202 299 583
Now available
on the Apple App Store, Google Play & the NHS App Library

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