

# National Health Insurance Company

## Partnering with Propeller to improve outcomes for Medicare patients with COPD



### The Challenge

Almost 16 million Americans suffer from COPD, and millions more are unaware they have the condition, according to the Centers for Disease Control and Prevention. The symptoms of COPD, including shortness of breath, wheezing and chronic cough, can cause significant distress for people with the condition. COPD exacerbations are a frequent cause of costly healthcare utilization, contributing to hundreds of thousands of emergency department visits and hospitalizations annually.

A national payer decided to partner with Propeller Health to improve outcomes for Ohio COPD patients enrolled in Medicare Advantage health plans.

The goal of the program was to give people access to a digital health platform to help them more easily manage their COPD and improve their quality of life.

### The Program

In fall 2018, the national payer rolled out a program to enroll Ohio COPD patients on Medicare Advantage health plans onto the Propeller platform. Patients with at least one emergency room visit or hospitalization caused by COPD were eligible for the program, which aimed to prevent unnecessary utilization among COPD patients.

Patients received Propeller sensors, which attach to patients' existing inhalers and transmit data on medication use to the Propeller app on their smartphone.

Propeller data was then sent back to care managers at the payer, who reached out to patients to coach them on staying adherent, identifying their triggers and reducing rescue medication use. Care managers also contacted the patients' providers to inform them of patient progress and ongoing challenges.

### The Outcomes

- Positive utilization outcomes, including an increase in the number of patients who experienced no visits to the emergency department or hospital that year and an even greater increase in the number of patients not hospitalized in their second year on Propeller
- Increase in patient medication adherence to a level significantly higher than the national average
- Steady decline in patient rescue use over the course of the program.