

Lifestyle Medicine Care Paths Empower Patients to Achieve their Health Objectives

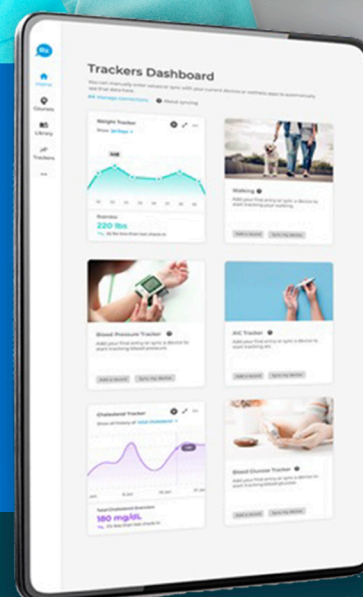
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Engagement Rx[®] is ushering in a new era of engagement.

According to a study published in MDPI, accumulated chronic and mental health conditions are responsible for 90% of the USD 3.8 trillion annually spent on healthcare in the U.S.¹ Chronic diseases contribute to significant suffering in the form of premature morbidity and mortality and are among the most common conditions physicians encounter in clinical practice; yet physicians do not consistently address lifestyle during clinical visits despite believing that it is their responsibility to do so.²

In order to accomplish better population health, we are reliant on patients to change many different lifestyle behaviors. There are two missing ingredients to change population health. First, is solving the behavior change problem for individuals resistant to hard-to-break habits. Second, is the challenge of scaling personalized care in a cost-effective manner.

Our answer to this challenge is innovative care path technology that offers valuable insights and motivating tools that improve health outcomes, overall patient satisfaction and delivers personalized care at scale.



What is the Engagement Rx Lifestyle Medicine Care Path?

It's a personalized health program that utilizes proven cognitive behavioral training to help individuals achieve their health goals. Engagement Rx offers an automated care path builder for professionals with oversight in population health. Take advantage of our out-of-the-box Lifestyle Medicine Care Path or customize to your patient's individual needs.

¹Livingston KA, Freeman JO, Friedman SM, Stout RW, Lianov LS, Drozek D, Shallow J, Shurney D, Patel PM, Campbell TM, Pauly KR, Pollard KJ, Karlson MC. Lifestyle Medicine and Economics: A Proposal for Research Priorities Informed by a Case Series of Disease Reversal. International Journal of Environmental Research and Public Health. 2021; 18(2):11364. <https://doi.org/10.3390/ijerph182111364>

²Roa B, Worthman S, Shetty P, Alexander M, Trilk JL. Medical Education Transformation: Lifestyle Medicine in Undergraduate and Graduate Medical Education, Fellowship, and Continuing Medical Education. American Journal of Lifestyle Medicine. 2021;15(5):514-525. doi:10.1177/15598276211006629

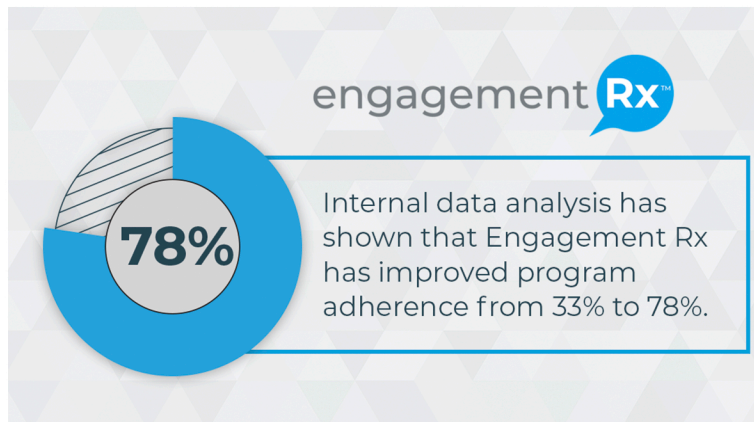
What is a Lifestyle Medicine Care Path?

It's a personalized health program designed by experts to help individuals achieve their health goals using behavior-based content, courses, tools, and resources.



Changing behavior is difficult, but Engagement Rx delivers the recipe for success.

Most practitioners and program directors don't have the luxury of time to make this kind of commitment to every single patient in their practice, so practitioners are leaning on digital solutions that automate virtual care like their communications, follow-ups, check-ins, and the delivery of behavior-based content and resources. Discover how Engagement Rx's member engagement platform is curating hyper-personalized well-being experiences.



"The biggest contributors to creating successful behavior change are recognizing the patient's needs, beliefs, motives, self-regulation, habits, and resources available. This is why a tailored approach and not a one-size-fits-all is so critical. Automated care path technology can be essential for personalizing a plan for each individual based on these areas in a highly scalable and cost-effective manner."

Dr. Seema Sarin, MD, FACLM, Author of "The Practitioner's Guide to Lifestyle Medicine"



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