

Patient Journey Through a Technology-driven Health Care System



Digital health is the application of **digital health tools** (DHTs) in health care and drug development. In a technology-driven health care system, patients are empowered to take an active role in their health by using DHTs. **DHTs allow patients and providers to manage health and wellness more efficiently within the health care system, with the goal of improving patient outcomes.**

For more information on the Patient Journey Through a Technology-drive Health Care System, visit PhRMA.org/digital-health.



Wearables
(e.g., smartwatches)



Home monitoring devices
(e.g., blood pressure cuff, glucometer)

1

Stage 1: Symptom onset or proactive prevention

These DHTs can enable patient awareness, engagement with their health, and speed up their point of contact with the health care system.

Stage 2: Doctor's appointment

DHTs have the potential to streamline care where appropriate, increase access in underserved areas and save time and costs for patients and providers.

2



Telehealth



Secure online portals, EMRs



Wearables and home monitoring devices



Digital biomarkers



Artificial Intelligence/Machine Learning

3

Stage 3: Diagnosis

The diagnostic journey for many patients may be reduced, saving time and costs, and allowing for earlier detection of diseases.

Stage 4: Intervention

Patients experience increased efficiencies in prescribing and have access to a broader variety of therapies, reducing barriers to care, and allowing for more thoughtful engagement with their health.

4



Decentralized clinical trials



Electronic benefit verification



Companion app (e.g., behavioral therapy, digital journal)



Digital therapeutics



Mobile apps to track medication intake and help adherence

5

Stage 5: Taking the medicine

DHTs can increase adherence to medications and potentially reduce medication errors.

Stage 6: Monitoring of symptoms and disease management

DHTs can support patients in their treatment journey and provide treatment feedback, allowing patients to remain engaged in their care.

6



Wearables



Home monitoring devices

