



This guide was created to help you:



Evaluate if your current benefits strategy aligns with the digital health programs your plan needs today and in the future



Understand the importance of combining digital health solutions with specialized clinical support



Find more information about digital health solutions



Learn ways to ensure your digital health solutions are safe, effective, scalable, and deliver value

What we hear

I'm overwhelmed with choices.

"How do I keep members engaged?

After I adopt the solution, what expert support is available?

"Does this work?" "Will my members use this?"

"Will this keep my company and patient data safe and secure?"

> How does this work with my current plan? Will it address my challenges?

It's such an administrative burden and I have limited resources.

"Is this worth the money?"

"There aren't industry-wide standards and I don't know these suppliers."

We can help

Although many plans already have digital health solutions in place, the process isn't easy. Now, more than ever, plans are demanding a simpler, more cost-effective way to manage digital health. That includes reducing the administrative toll it takes to evaluate, select, and integrate a solution into a benefit. That's where we come in.

The digital health landscape

With more than 300,000 digital health products on the market, and hundreds more being added every day, it can be overwhelming for you to evaluate your options and determine which solutions are right for your plan and members. And while the majority of apps and tools are available to everyone, some require a prescription from a physician.

of employers anticipate digital health solutions significantly impacting their members.²

increase in the number of patients using remote monitoring devices for the first time in 2020.3

However...

of digital health companies have less than two years' experience.4

How can you know which solutions to trust?

The Evernorth Digital Health Formulary

The digital health space is far too complex for any one plan to to effectively tackle on their own. While we've offered digital health solutions for years, we launched the industry's first Digital Health Formulary in 2019 to streamline the process of selecting more affordable, predictable, and simple digital health solutions that are right for your plan and members.



The Evernorth Digital Health Formulary is an industry-changing platform that makes digital health click by ensuring the safety, effectiveness, and value of solutions.

See the current solutions on the Digital Health Formulary



A life-changing solution from Evernorth. Helping to solve the problems others don't, won't, or can't.



Evernorth: Health services built on the recognition that health makes progress possible. We deliver flexible and focused solutions for every business, for every person, for all.

How we make it click for plan sponsors

Evernorth reviews digital health solutions to ensure they demonstrate clinical effectiveness, stringent security and privacy compliance, value, affordability, and a user-friendly experience.

- **You choose** the solutions that address vour needs
- We handle all administrative processes and setup
- We identify members who may benefit from particular solutions
- Plans pays NOTHING until a solution is selected and implemented

Our Review Process







Step 1: Clinical research

Pharmacists, physicians, and health-research PhDs evaluate claims, methodology, and clinical effectiveness.

Step 2: Usability

Member-experience experts test user-friendliness, tracking, and synching with other devices to ensure accessibility and security requirements are met.

Step 3: Financial value

Because of our size, scale, and unique position in the marketplace, digital health companies want to work with us and provide the best value.

This isn't just a program. It's a robust platform that's available to every client at no additional cost.



How we make it click for members

- Provide access to digital tools that enable real-time interactions with a specialist clinician at our condition-specific Therapeutic Resource Centers®
- Sync their treatment with a device that provides vital information like blood sugar or blood pressure
- Get alerts, or have alerts sent to caregivers, around potential concerns
- Receive virtual personal coaching from a health or wellness professional
- Connect with virtual support from a coach or specialist



Making better results click

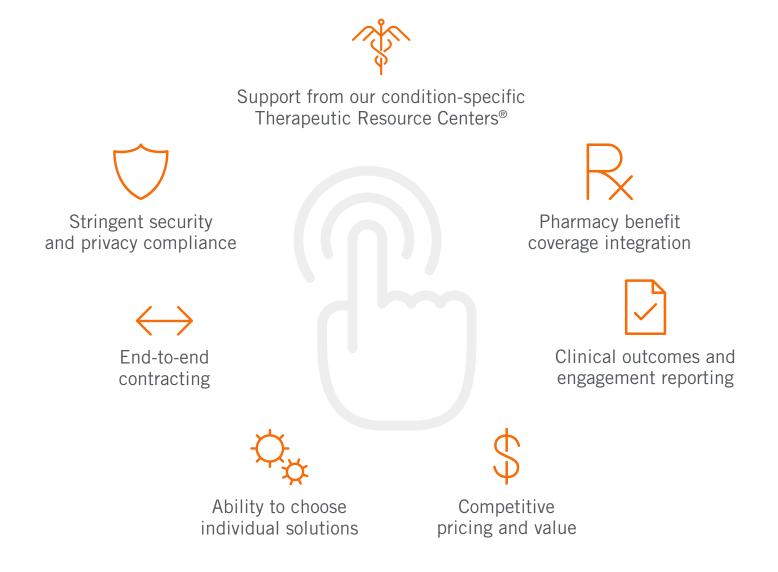






Why it all clicks

The Digital Health Formulary makes health care more affordable, predictable, and simple by reducing guesswork and improving savings.



Plan sponsors save an average of

\$100K - \$120K

due to decreased administrative burden



If you're seeking a more comprehensive clinical approach to care that includes many of the digital health solutions we offer, we have you covered too. Health Connect 360SM is an industry-first, outcomes-driven model that connects our clinical capabilities and resources to eliminate gaps-in-care. This keeps members healthier and lowers the total cost of care.

Click here to learn more



More information

As you continue to navigate this complex digital health landscape and face unprecedented health care challenges, we're here to help. Lean on our experts to help you explore the best options for your plan.



Contact your Evernorth account representative



Learn more about the Digital Health Formulary



Learn more about Health Connect 360



Learn more about Evernorth and our suite of revolutionary health solutions



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- Health Care Trend: Digital Health in the World of COVID-19
- Guide: 5 Ways to Shape Your Digital Health Strategy
- Express Scripts Enables Access to SilverCloud Health Digital Program to Help Members Cope with COVID-19 Pandemic

References

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- 2. The National Business Group on Health
- 3. M/A/R/C Research & Cigna Global Market Research and Insights. (2020, May). COVID-19's Impact on Healthcare Attitudes and Practices Wave
- 4. Livongo internal data, 2019
- 5. Express Scripts 2019 Data