

# Moving MyLife Forward: continuous improvement in a transformational digital weight loss program

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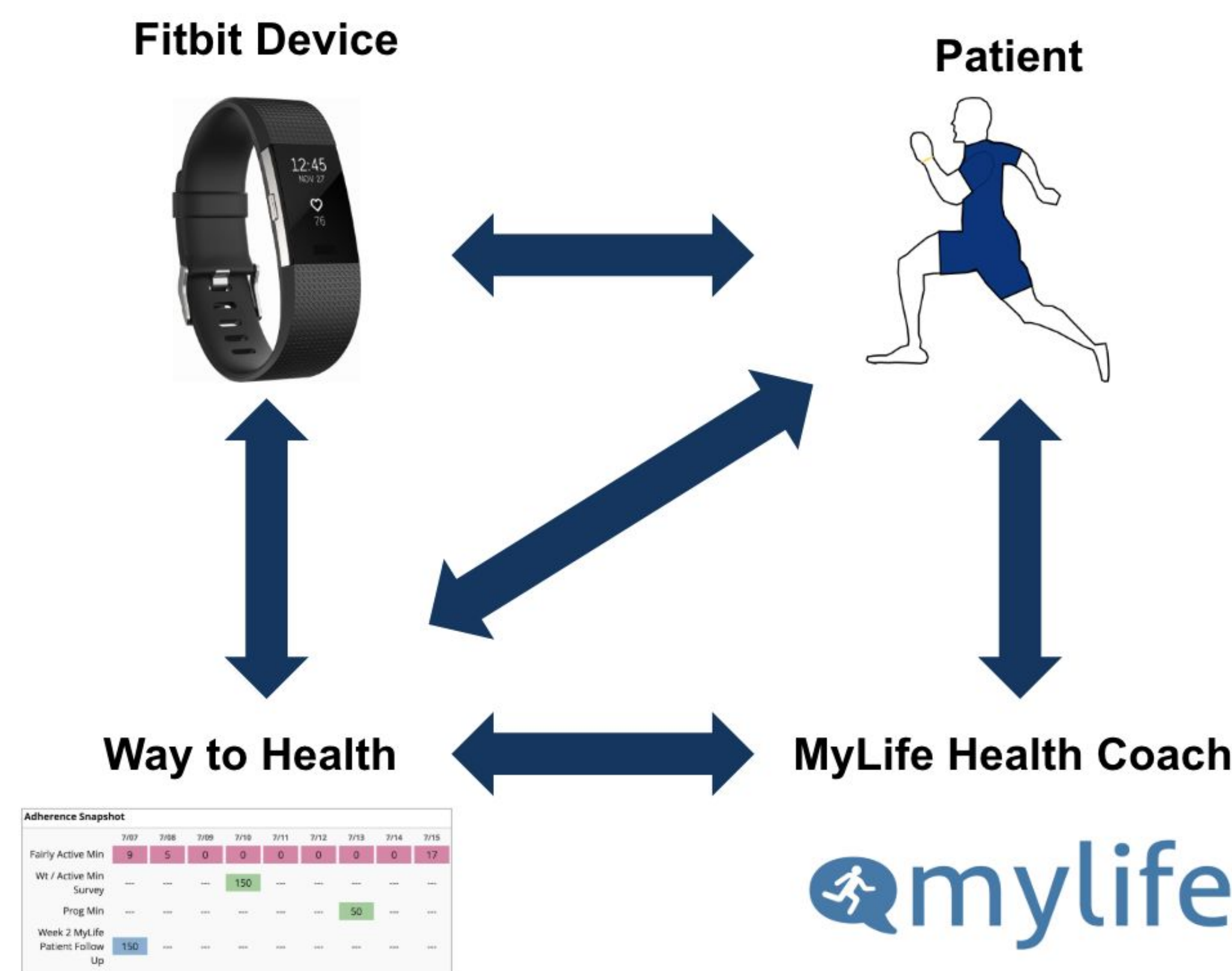
## Problem Statement

- Lifestyle-related chronic diseases take 450,000 lives and cost \$2.25 trillion annually in the U.S.
- Patients at risk for chronic lifestyle-related diseases visit their PCP roughly four times per year, while research suggests only frequent, personalized, and timely care helps patients adopt and maintain health behaviors that can prevent and even reverse disease.
- Primary care providers (PCPs) are often ill-equipped to meaningfully improve the lifestyle of those at risk for chronic disease.

## Success in Early MyLife Pilot Trials

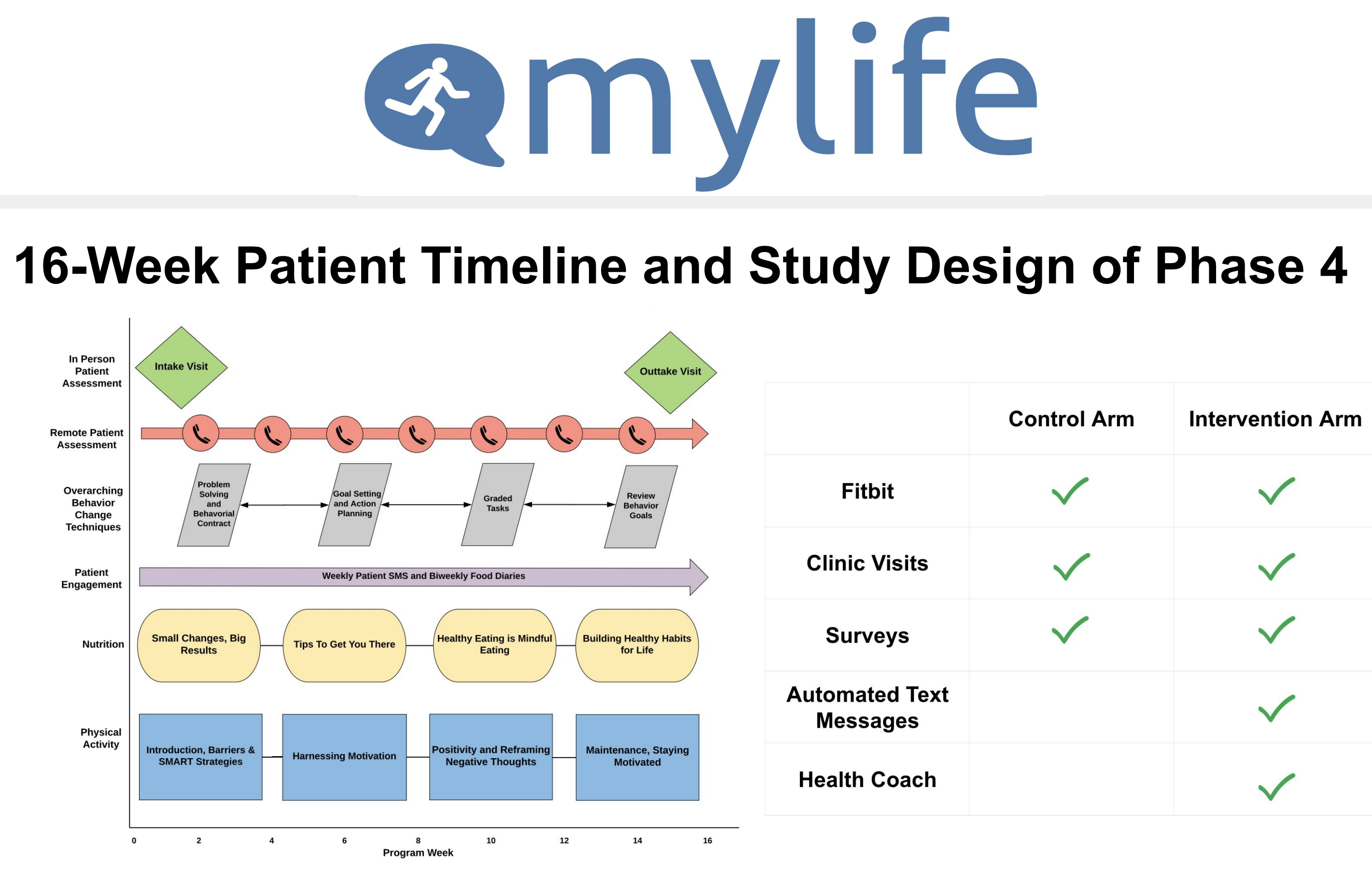
Patients enrolled by their primary care provider into a 16-week digital health coaching program increased their physical activity by 60 minutes per week, responded to 70% of text messages, and lost 4.6% of their body weight.

## MyLife Program



## Improvements to the MyLife Program Over Time

- Initial Phase 1 Program
  - Participants given wearable activity trackers, assigned a health coach, and sent motivational messages and health tips across 16 weeks
- Phase 2 Changes
  - Increased frequency of food diaries to increase nutrition data collection and feedback
  - Monthly nutrition modules created with materials provided at Intake
- Phase 3 Changes
  - A large portion of survey responses needed for data collection were obtained from patients beforehand online to allow our health coaches to better prepare for each interaction in advance and decrease the time needed for phone calls
  - Standardized texting schedule: Nutrition tip every Tuesday and motivational message every Saturday
- Phase 4 changes
  - Transitioned to Way to Health: allowed us to create patient portal, integrate our texting, surveys and data collection into one platform



## Results: Phases 1, 2, & 3

Summary Statistics for Participants							Physical Activity							Weight			
With Data	Cohort	Sex	Age	Race	Education	Avg % Wear UP	Avg % Text Response	Baseline Min PA	PA Min Avg Last 4 Weeks Change*	Baseline Wt	Final Wt	Wt Change*	Wt % Change*	Wt Change Per Week*			
1	1	M	30	N/A	Some college	77%	100%	90	243	153	246.2	231.8	-14.4	-5.80%	-0.9		
2	1	F	35	AA	> 4 yr college	98%	100%	0	108	108	178	168.4	-9.6	-5.40%	-0.6		
3	1	F	25	AA/Asian	4 yr college	100%	61%	150	222	72	163.6	159	-4.6	-2.80%	-0.35		
4	1	M	33	AA	Some college	89%	75%	0	120	120	431.8	425	-6.8	-1.60%	-0.43		
5	1	F	54	White/Hispanic	> 4 yr college	98%	61%	0	245	245	264.4	254	-10.4	-3.90%	-0.65		
6	1	M	56	Hispanic	<= 8th grade	87%	78%	0	75	75	159.8	154	-5.8	-3.60%	-0.45		
7	2	F	34	Hispanic	> 4 yr college	88%	43%	0	0	0	195	189	-6	-3.10%	-0.67		
8	2	F	24	N/A	N/A	99%	68%	0	23	23	177.8	178	0.2	0.10%	0.01		
9	2	M	36	White	4 yr college	97%	43%	0	9	9	193	188	-5	-2.60%	-0.5		
10	2	F	45	Hispanic	4 yr college	64%	71%	0	45	45	233	235	2	0.90%	0.13		
11	2	F	41	Asian, White	4 yr college	99%	89%	60	173	113	204.6	198	-6.6	-3.20%	-0.41		
12	2	M	46	Asian	> 4 yr college	100%	96%	20	60	40	254.5	254	-10.5	-4.00%	-0.66		
13	2	M	34	Asian	> 4 yr college	26%	75%	20	225	205	227.2	224	-3.2	-1.40%	-1.6		
14	3	M	19	AA	HS/GED	84%	31%	150	0	-150	344	336.8	-7.2	-2.10%	-0.72		
15	3	M	32	Other	> 4 yr college	54%	41%	15	0	-15	245	230	-15	-6.10%	-0.94		
16	3	M	59	White	Some college	84%	75%	20	69	49	207	185.8	-21.2	-10.20%	-1.33		
17	3	F	32	AA	> 4 yr college	95%	100%	15	238	223	182.2	165.4	-16.8	-9.20%	-1.05		
18	3	F	33	Hispanic	4 yr college	N/A	81%	30	76	46	225	218.2	-6.8	-3.00%	-0.43		
19	3	M	26	Hispanic	Some college	83%	69%	150	39	-112	208	198.2	-9.8	-4.70%	-0.61		
20	3	M	37	White	4 yr college	100%	100%	0	196	196	278	265.2	-12.8	-4.60%	-0.8		
21	3	M	37	Hispanic	4 yr college	53%	13%	20	0	-20	243.6	235	-8.6	-3.50%	-4.3		
22	3	F	23	White	4 yr college	92%	79%	0	43	43	206.8	198.6	-8.2	-4.00%	-0.59		
Average		12 male	36			84%	70%	33.6	100.3	66.7	230.8	222.3	-8.5	-3.80%	-0.61		

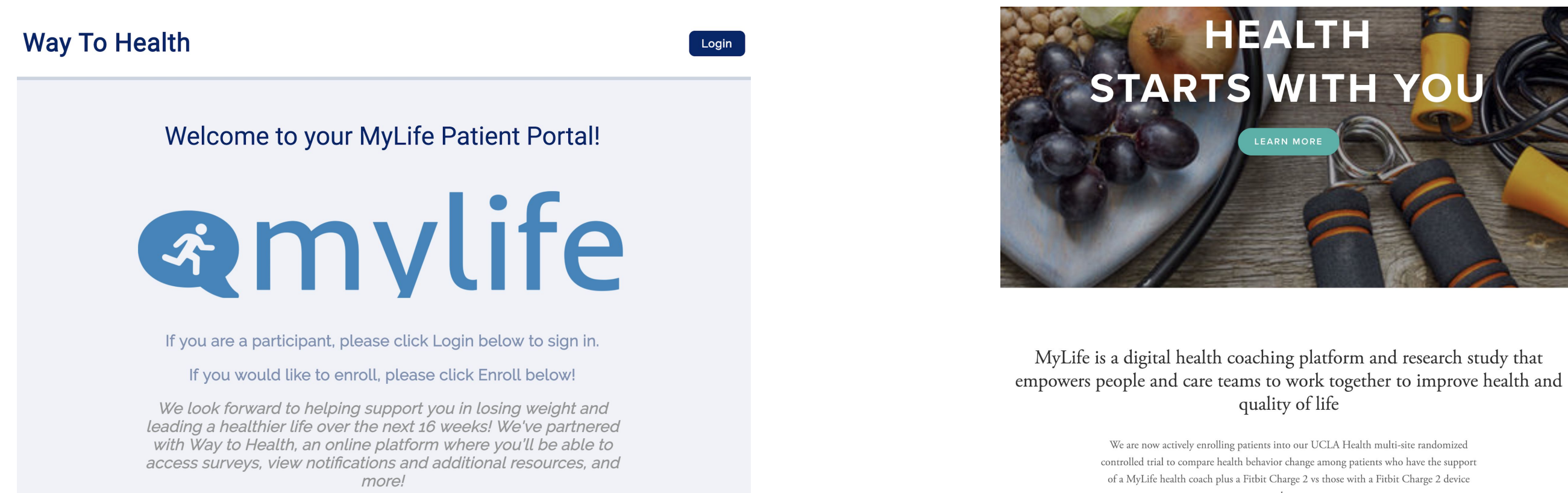
- PDSA cycles were used to evaluate and refine the MyLife program based on preliminary results.
- Based on the results and feedback from the first cycle, we developed over 100 unique, branching logic messages that leverage several key behavior change techniques.
- Since phase 4 is still ongoing, we compared weight change per week between groups.
  - Phase 3-4 had significantly increased weight loss per week.
    - Median -0.97 lbs per week (IQR 0.53) vs. Median -0.43 lbs per week (IQR -0.43), p=0.04.

## Transition to New Platform: Way to Health

### Adherence Snapshot

	9/14	9/15	9/16	9/17	9/18	9/19	9/20	9/21	9/22	9/23	9/24	9/25	9/26
Fairly Active Min	21	0	41	70	24	45	33	29	18	0	50	25	25
Very Active Min	22	0	16	44	29	32	36	26	10	0	18	17	13
Wt / Active Min Survey	---	---	---	---	---	---	---	---	---	---	200	---	---
Progress Min	---	---	---	---	---	---	271	---	---	---	---	---	---
Week 2 MyLife Patient Follow Up	---	---	---	---	---	---	---	---	---	---	201.9	---	---

## Improved Patient Portal and MyLife Website



## Health Coach Recruitment and Training Improvements

### mylife Health Coach Guidebook

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## Review- Coach Responsibilities

### Available, Responsible, Professional (Guidebook pg 9)

- respond to messages w/in 24 hrs,
- contact patients in their preferred method of communication
- attend meetings, trainings, appointments
- follow through on promises/expectations
- seek help when you're unsure
- represent UCLA & MyLife well
- wear appropriate attire to patient meetings

## Outreach



## Future Directions

- Complete current trial
  - Continue outreach and expansion of program into UCLA clinics
  - Strive towards and past 100+ patients through case-control or RCT intervention
  - Improved integration of MyLife data into provider workflow and EHR
- If successful, we hope to scale this program into HFA, which will provide the 50,000 students who apply to medical school annually the opportunity to work as health coaches (HFA Fellows).
  - Vision for HFA Fellows**
    - Integrated within primary care to support PCPs in chronic disease prevention and management by addressing the need for coordinated, longitudinal and personalized care for patients at-risk for lifestyle related chronic diseases.
    - HFA fellows will have the opportunity to build strong communication skills by practicing motivational interviewing, identifying barriers and discussing solutions with patients; competencies necessary to becoming an exceptional physician.

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