CHESS HEALTH
Real Evidence. Real Recovery.

eRECOVERY
Preventing Relapse through Connections, Engagement, and Data

eRecovery

Relapse during and after addiction treatment is highly likely; sadly 50-70% of in/out patient treatment episodes are unsuccessful. With each relapse, everyone loses: the patient's struggle with addiction continues and their risk of premature death increases. In addition, the family's pain intensifies, the payer experiences ongoing escalating costs, and state and local governments face the potential of new societal burdens.

CHESS Health offers eRecovery, a solution encompassing the patient facing Connections App linked to a platform of provider care management functionality, predictive relapse risk indicators, and analytics---functionality that has been validated in clinical trials to reduce relapse by 30-50%. eRecovery enables continuous communication between patients, peers, and the care team to reduce isolation, promote trust and compassion, and reinforce skills needed for long-term recovery.

Originally developed at the University of Wisconsin and known as ACHESS, eRecovery has been incorporated into treatment nationally and internationally for five years with consistent, high levels of patient and care team engagement and demonstrated results in clinical studies and customer implementations.

DELIVERS VALUE TO:
- **Providers**
- **Payers**
- **State and Local Governments**
- **Drug Courts**

A-CHESS OFFERS CLINICALLY VALIDATED RESULTS NOTED IN PUBLICATIONS LIKE JAMA PSYCHIATRY, AND JOURNAL OF DUAL DIAGNOSIS.

31% fewer patients relapsed (Surveyed at 4, 8, and 12 months)

50% reduction in severity of relapse

71% reduction in re-hospitalizations

20% more likely to complete treatment

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eRECOVERY COMPONENTS

The easy-to-use Connections App offers patients valuable functionality for the treatment & recovery journey:

- Messaging and social features with peers (others in treatment and recovery) to reduce isolation, to support each other, and celebrate achievements
- Motivating thought of the day, daily check-in, journaling, personal motivations
- Appointment and medication reminders
- Treatment planning, goal setting, and tracking
- Weekly recovery progress tracking through survey completion (JCAHO compliant survey)
- Tracking and intervening when patient nears a personal high-risk location (e.g., bar they frequented, park they bought at) based on phone GPS
- One-press access to 24 x 7 helpline and other resources when stressed, have urgent support need
- Audio, video, and reading content, and more…

Connections App

The patient's Care Team is encouraged to be engaged and support the patient's treatment and recovery through the Program Dashboard and Companion App:

- Instant access to patient progress based on daily and weekly survey results and app engagement to use to personalize counseling to the patient
- Optional real-time notifications and emails of predictive relapse risk alerts
- Push appointment and medication reminders to the patient
- Chat with patients via secure 1:1 messaging
- Lead and participate in discussion groups
- Push audio, video, and other content to patients

Program Dashboard
and Companion App