



Population Bundle for Diabetes In Primary Care Practice Pilot Results

Did You Know
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Did You Know...

MyFitScript recently launched its medical fitness model geared for physician practices and practitioners. The model is comprised of three Bundles all focusing on lifestyle modification and exercise for prevention and management of chronic disease in the adult and older population. 'Helping providers to provide' is the basis of the model and includes professional education and Train-the-Trainer learning options, implementation resources, and quality improvement tools for assessment, process, and outcomes.

The patient resources are robust and include a toolkit for lifestyle modification, behavior change, education, and age/chronic disease specific exercise programs.

The ADA 2023 Standards of Care under Comprehensive Medical Evaluation and Assessment of Comorbidities, a Behavioral Factor, *physical activity evaluation and assessment is recommended on initial visit, every follow-up visit, and annual visit.*

The Physical Activity Alliance It's Time to Move Campaign is a multi-year project to empower health care providers to *integrate physical activity clinical measures into patient care plans...*and to help make *physical activity prescription a standard of care.*

That's' exactly what [MyFitScript, LLC](#) and [HealthStar Physicians, P.C.](#) did with one primary care practice. HealthStar Physicians is a multi-specialty physician group in East Tennessee. MyFitScript, LLC is a medical fitness program for healthcare practitioners and organizations.

MyFitScript provided prescriptive exercise programs and a patient Lifestyle Management Toolkit. MyFitScript also provided provider/staff training, assessments and implementation steps and guidance.

The practice wanted to focus on their patients with diabetes for middle age and older adult population. The [MyFitScript Population Bundle for Diabetes](#) was integrated into the current process and rolled out over the course of 12 weeks.

1. Beginning with integration of physical activity questions into the EHR, this initial step helped set the stage for referrals and flagging patients with diabetes that may benefit the most from an exercise program as part of their treatment plan.
2. Office visits with the physician served as the initial introduction to MyFitScript and patients were provided exercise guidance and a referral to HealthStar Care Coordinators for health coaching and continuity.
3. HealthStar Care Coordinators provided follow up as touchpoints throughout the 12 weeks and utilized their MyFitScript training which included health coaching, principles of exercise, diabetes & exercise.

Pilot Results Summary

More than 50 patients were provided the MyFitScript Diabetes ExRx (exercise prescription) based on age, and the FitKit MyFitScript Toolkit for Diabetes. There were 34 patients that accepted the materials and self-managed with exercise, and 10 patients actively engaged and participated in the program throughout the 12 weeks.

“The MyFitScript program is a great program for our middle-aged and older adult populations...the essence of team-based care!” **Lettie C. Ailey, LMSW, Director of Clinical Integration**

Data Results	• 10 patients actively participated out of total 34 referrals
	• Average age of participant was 47
	• Average BMI reduction = 1.59
	• BP systolic blood pressure reduction average = 3.4
	• BP diastolic blood pressure reduction average = 3.6
	• A1C average reduction = 1.2
	• CC touches average = 10.3
	• Average weight loss = 10.63 pounds

The Care Coordinators received the MyFitScript referrals from the physician practice and reached out to patients to schedule their first visit. These were referred to as ‘Touchpoints’ and below shows the average touchpoint for each patient at 10.3.

Touchpoint calls were made, and although Telemedicine was not utilized at the time, it is a consideration for program sustainability and a billable revenue generating option.

Each touchpoint was patient-centered with the goal of encouraging exercise and lifestyle modifications that focused on improving physical activity levels, healthy eating, problem solving, medication adherence and other treatment plan reinforcement. HealthStar participated in the MyFitScript training/education virtual and on-site, which helped prepare the Care Coordinators to provide physical activity guidance using health coaching techniques and motivational interviewing style of communication.

“I am excited about the program. Over the year I have been with Healthstar the care coordinators have been great with patient education and I’ve seen objective results. This program will take things to another level. MyFitScript presentation gave a solid overview. Information was concise. Great visuals. I spoke briefly with my team members in my pod post meeting for which they echoed the same responses. Look forward to the next steps.” **Justin Garrison, DO**

Improved patient engagement, behavior changes, and non-scale victories!

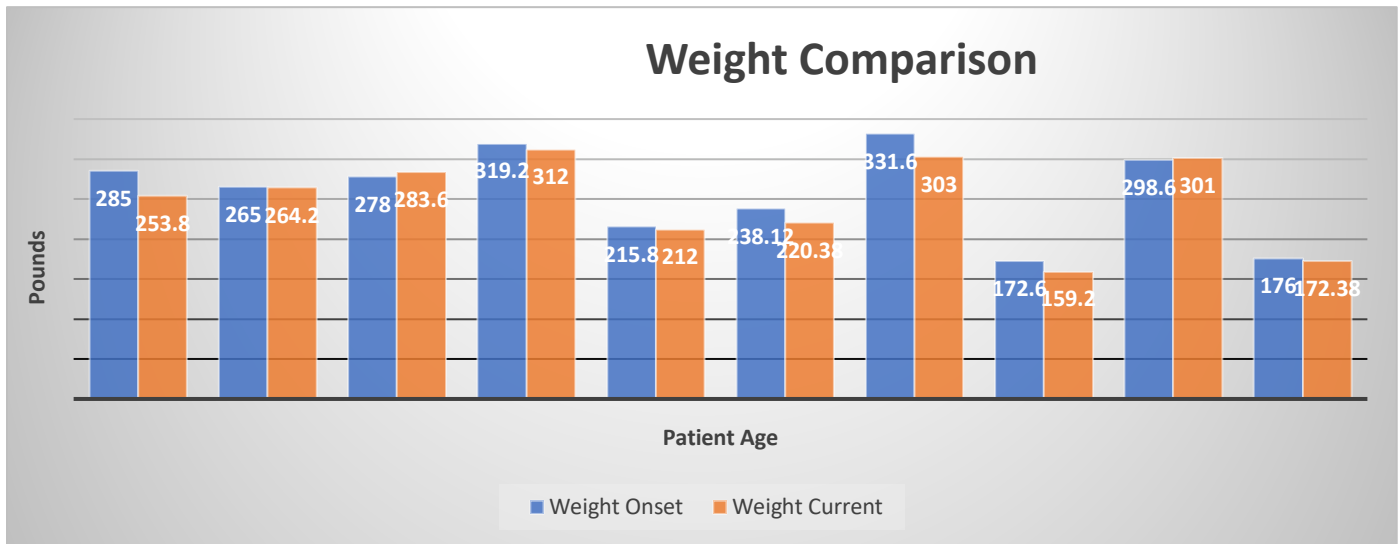
“MyFitScript opened the door to have the ‘physical activity’ conversation not only for program participants but for my other patients!”... “I noticed improvements in mood, less depression and anxiety in those that participated”... “Faces lit up when given MyFitScript booklet and exercise program...” - **Justin Garrison, DO.**

‘Patient continues to do well and enjoys the program...has been walking every other day for 30-45 minutes...also continues to perform stretches and strength exercises... has done this two times a week for 15-20 minutes. The non-scale victories for the week have been the way she feels...so far has lost 11 lbs...A1C has also dropped to 6.7 from 7.2.’

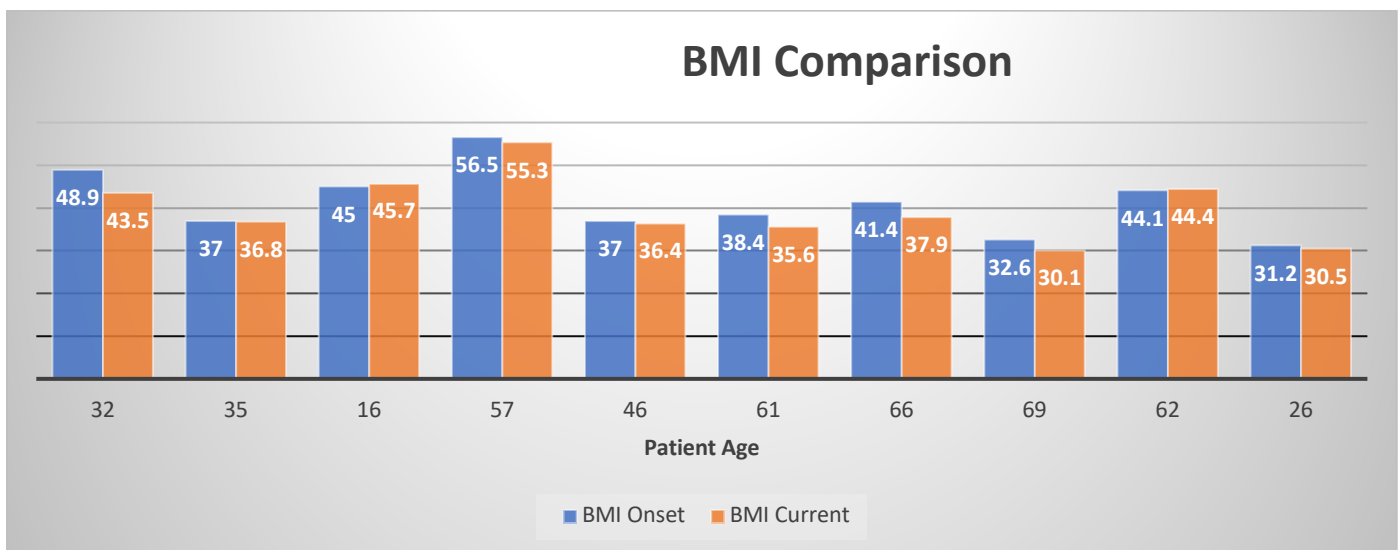
‘Patient states has "app to track steps and I have walked over 5000 a day"... continues to exercise with medium to high intensity...’

‘Patient feels she has more energy....’

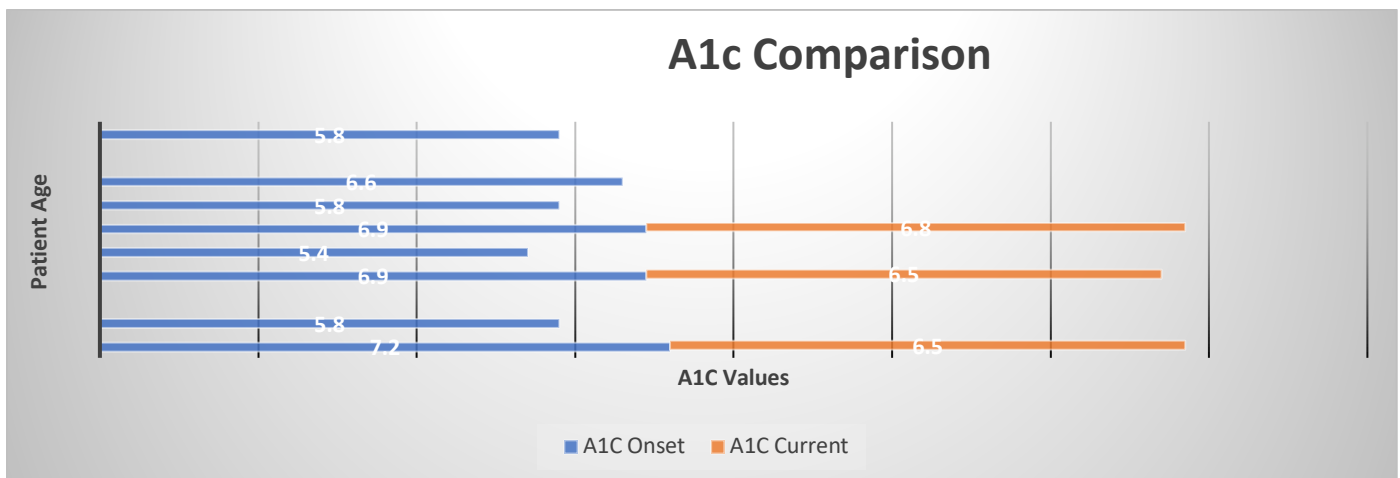
Provider/staff exercise counseling resulted in adoption of healthy behaviors, improved outcomes, and engagement in their own care!



Average weight reduction 10.63 pounds



Average BMI reduction 1.59



Average A1c reduction 1.2

Change in BP						
Patient Age		BP Onset		BP Current		BP Change
32		112/86		108/70		⬇️
35		116/80		128/88		⬇️
16		118/68		120/82		⬇️
57		138/90		138/86		⬇️
46		124/86		112/86		⬇️
61		142/90		138/84		⬇️
66		120/84		110/60		⬇️
69		140/82		120/80		⬇️
62		138/82		138/82		—
26		126/86		128/80		—

Average systolic BP reduction 3.6. Average diastolic reduction 3.4.

Conclusion:

The physician-patient relationship is founded on trust, vulnerability, and loyalty. It is a powerful and effective relationship in which patients rely for knowledge, direction, and caring.

Having the ‘physical activity conversation’ opens the door for healthy lifestyle modification and improved outcomes, especially if the message is coming from their doctor or practitioner whom they trust.

- Providers providing patients with real solutions that are tangible, understandable, and actionable can help engage patients to make healthy changes.
- Providers providing patients with follow-up and check-ins can help keep patients motivated, moving, and engaged.

Did you know that patients that are loyal to their physician feel more satisfied when doctors offer continued support, and continuity of care? Both of which is shown to improve patient satisfaction and outcomes. In a survey conducted by the American College of Sports Medicine, 65% of patients would be more interested in participating in an exercise program if advised by their doctor AND provided resources. Physicians can be powerful catalysts in health behavior change and modification.

MyFitScript’s model for medical fitness begins in the physician’s office. Why? The relationship. There is a quote, ‘people don’t care how much you know until they know how much you care’.

My own personal physician for over twenty years remains my physician for one reason, she cares about me. Sure, we disagree on occasional treatment recommendations. Sure, I always think I’m right and it is up to her to prove me otherwise. However, the majority of the time I do what she and I agree to, and I am loyal because we have trust, and I know, that she knows stuff I don’t!

I’m the kind of patient that does well with the kind of physician that does well for me. Sure, I’m a little self-centered, but isn’t it called patient-centered care for a reason?