

Exercise as a Medicine Program

Engaging in the program is facilitated through the use of an Apple iPad with The Diary CarePro® Health platform & application installed. The CarePro platform allows staff at any primary care practice to complete a functional assessment with the patient and to collect the necessary data for scoring. It will present the results in a data dashboard at the practice level for GP Clinics and the anonymised for the NCPHN level.

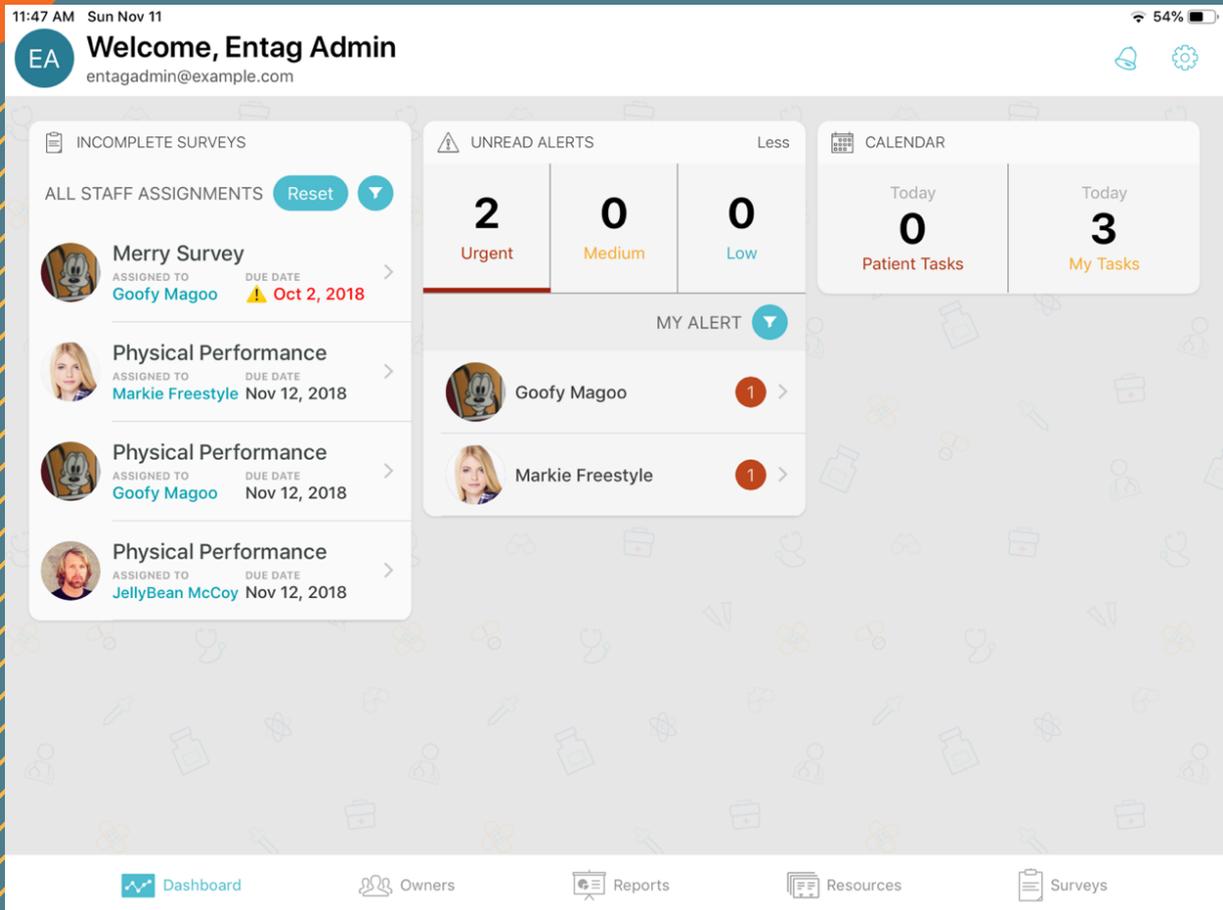
THE DIARY CAREPRO FEATURES – SUPPORTING THE CONTINUUM OF CARE



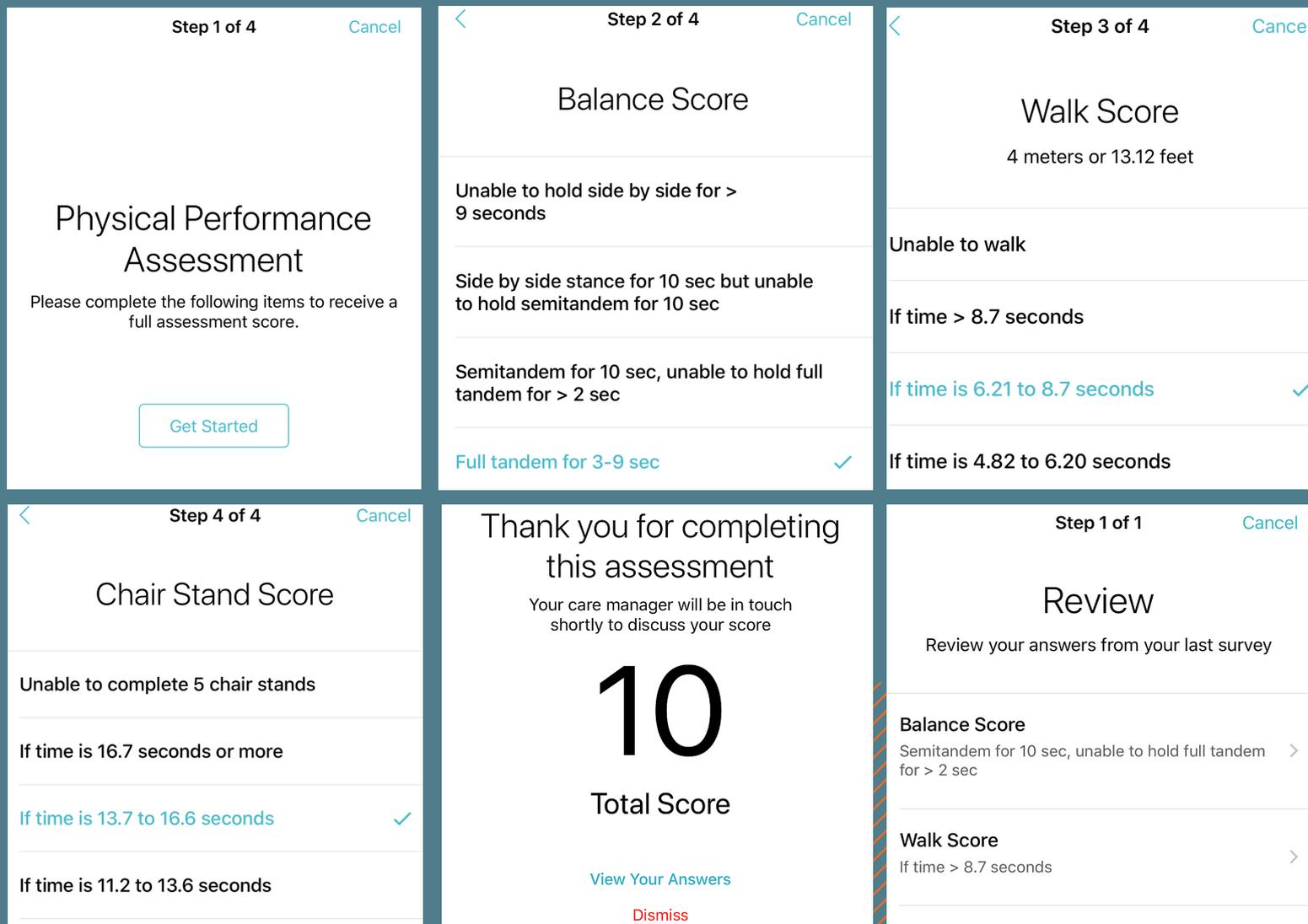
The CarePro Survey Tool will be used to access simple surveys that can be completed in the office by the health professional or sent to patients to complete.

The survey tool in CarePro will be used to collect the short physical performance battery assessment required in the Exercise as a Medicine Project. Here is an example of how it will work:

1. Care Professional has a list of surveys to be completed on participating patients.



2. Professional taps on the assessment to be completed and is presented with the survey.



A complete mobile solution for consumer-centered healthcare applications.



The Diary CarePro™
for professional care coordinators

The Diary CarePro is a user-friendly, enterprise-level care management and community-based care delivery platform which seamlessly integrates with the consumer-centered Diary.



The Diary®
for healthcare consumers

The Diary is a personal health data collection and repository, and self-management app, which enables consumers to communicate and share their health information directly with their care team.

Integrated Solution – Features

Care Manager	Patient	Executive Insights
<p>Care Coordinators are using The Diary CarePro on iPads to:</p> <ul style="list-style-type: none"> • build patient care plans and appointment reminders • set and receive threshold alerts • communicate with patients by text, phone, and video conferencing • send/receive patient assessments • review patient-generated health data and social determinants 	<p>Patients are using The Diary personal app on their iPhone to:</p> <ul style="list-style-type: none"> • receive medication and appointment reminders • fill out assessment surveys • video-conference with care team (care coordinator, caregivers, and family) 	<p>Executives are using The Diary CarePro reports to leverage analytics including:</p> <ul style="list-style-type: none"> • Utilization reports • Summary of patient progress report by care manager • Total money spent on individual risk contracts

Whilst the program will directly focus on patient scoring and assessments, the solution allows for much more.

Alongside the Healthcare Provider Application CarePro, there is the patient centred application called The Diary®. The Diary Application provides a platform for the patient to enter data, have data automatically input into the system from Bluetooth devices and have the data accessible in real time to the healthcare team in CarePro. If the patient has an Apple Device, they will be able to easily view their progress. Those without an Apple Device will be able to view their progress via a web portal or using a device that will be made available at the practice.

NCPHN have engaged the Telstra Partner, ENTAG, to configure a solution, deploy devices and deliver training in person, on-site to each practice. ENTAG's staff will provide customised, in-person training and deliver iOS (Apple) devices to each practice. NCPHN and ENTAG anticipate that training can be completed in a 2 hour interactive session at each site.

Following training sessions, ENTAG will supply virtual and phone-based support during business hours to users.

A set of user manuals will be provided as a point of reference for users post training. These training manuals are unique and include the end-to-end workflow with respective screenshots that are unique to the NCPHN and GP clinics.

A patient facing flyer will be provided to the primary care practices to distribute to participating patients.

Data Security

The Diary CarePro Health platform connects the patient, GP clinics, PHN's, Allied Health Professionals and specialist teams with no compromise to the security of patient data.

The GP practices taking part in the program will have access to a unique CarePro environment that stores only the data related to patients from their own practice. The PHN will not have access to any practice CarePro account and will only receive assessment results and anonymised demographic data for triggering payments.

Data security is broken down into three key areas outlined below.

Firstly, the iOS Device

Apple takes a layered approach to security with advanced technologies and features at every point starting with what's at the system level, then moving to Apps, data at rest and data in transmission.

Advanced features in iOS protect the entire system and all apps on the device, seamlessly encrypting corporate and personal data. iOS has a secure boot process from the moment a device is turned on. Regular software updates protect iOS from emerging security concerns. Safeguards ensure that both third party and in-house Apps access data only in ways that are authorised. iOS devices connect to corporate networks smoothly and securely to protect data during transmission.

Effective security involves setting the right level of restrictions without affecting the productivity. iOS and Mobile Device Management (MDM) offer smart ways to manage corporate data and Apps discretely.

For more comprehensive information on iOS security

https://www.apple.com/business/site/docs/iOS_Security_Guide.pdf

Secondly, The Diary CarePro Application

The CarePro application requires a user to create a secondary passcode for the application, separate from the passcode for the device. Each user is also able to then activate the native Touch ID or Face ID on the device to continue and to access the platform and work with patients. Patient privacy is key and CarePro has a feature that allows a professional to work with a patient on a device and review data for a single patient while hiding access to others.

Thirdly, The Back-end Database

The Diary database is built and maintained in a Microsoft Azure environment. Microsoft Azure at its core is a cloud computing platform, built for the rigorous security and privacy demands of organisations that handle sensitive data. CarePro and Diary data is hosted in Australian based Microsoft Azure data centres located in Sydney. Microsoft Azure has undergone an IRAP assessment and been certified on the CCSL (Government Certified Cloud Services List).

For More information on Azure security and compliance

<https://servicetrust.microsoft.com/ViewPage/HIPAABlueprint>

Reporting

Comprehensive reporting on the participants will be provided throughout the duration of the program.

These reports will be a rollup of all the practices data which will be granularly filtered and distributed by individual reports containing only information pertinent to the practice or in the case of NCPHN, an anonymised report of all patients.

These interactive reports and visual dashboards will be securely housed in Microsoft PowerBI and distributed to each organisation via hyperlink.