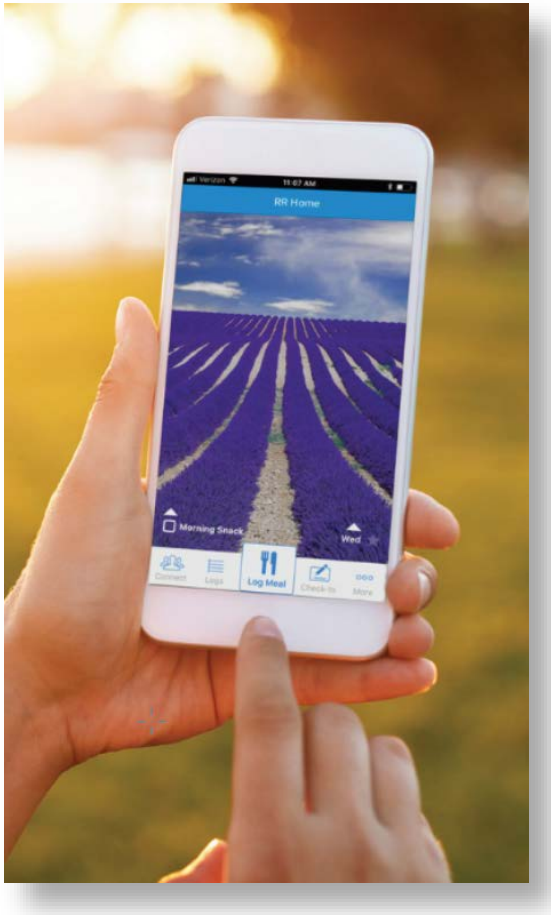
Recovery Record

An eating disorder management app free to Optum providers and members

OPTUM®

Introducing Recovery Record

Recovery Record changes the model of eating disorder care delivery by automating best practices for quality improvement; facilitating between-appointment check-ins and in app patient-provider interactions; and enabling continuous transparency into patient progress data for proactive and preventive treatment



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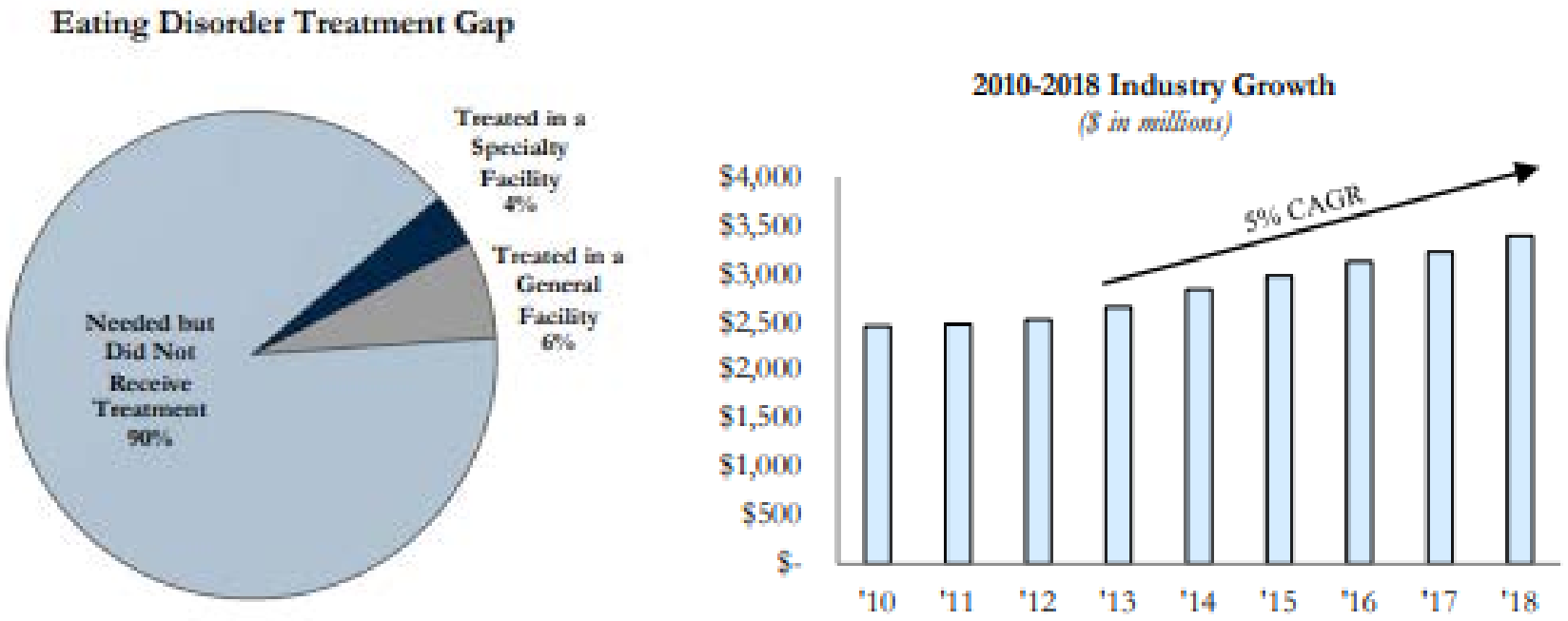
Current Eating Disorder Landscape

According to data from the National Association of Anorexia Nervosa and Associated Disorders (ANAD), an estimated 30.0 million individuals in the United States suffer from an eating disorder.

- According to ANAD data, only one in 10 individuals with eating disorders actually receives treatment.
- Many public and private health insurers limit their coverage of eating disorders.



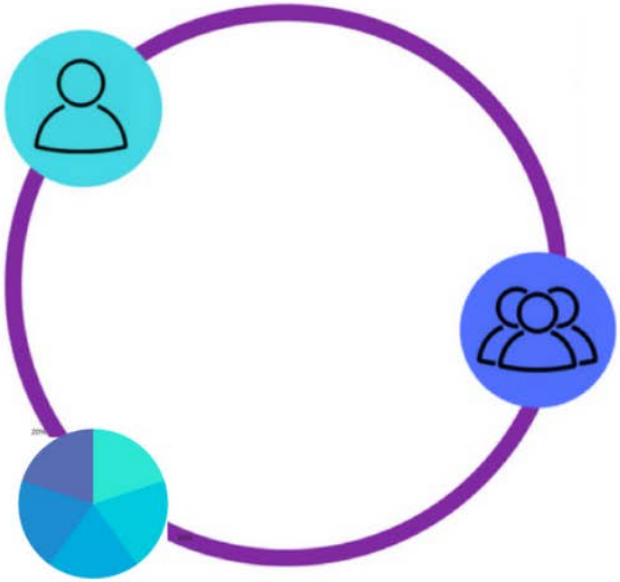
Sources:
https://www.ibisworld.com/industry-trends/specialized-market-research-reports/life-sciences/health-practitioners/eating-disorder-clinics.html
Coker Capital

Recovery Record Treatment, Engagement, Outcomes

RECOVERY RECORD POWERS TREATMENT ENGAGEMENT AND IMPROVED OUTCOMES

Elevate treatment engagement

Patient app on iPhone and Android



Optimize care team effectiveness

Care team app on iPhone, Android, Desktop and Tablet

Total transparency

Outcomes reporting on engagement and the impact on your population's health

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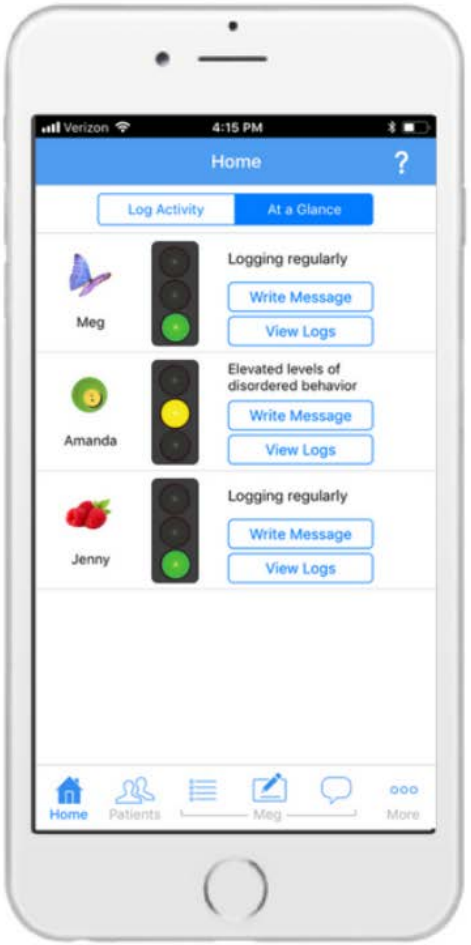
Patient Treatment Engagement

1. CBT Self-Monitoring
2. Linkage to Treatment Team
3. Access to Optum Resources
4. Access to Treatment Plan

Instant connection to evidence based resources

600,000 + People with eating disorders have completed over 25 million CBT self-monitoring sessions

Provider Quality Improvement



1. Rapid Feedback Loop
2. Early Relapse Detection
3. Care Team Data Sharing
4. Automated Best Practice

Systematic best practices and more effective treatment

800k active recovery record providers – 465 contracted BH providers

How it works

Behavioral health clinician introduces member to Recovery Record

To members Recovery Record is free and publicly available

Availability: IOS and Android

Member can choose to use free “Self-Help”

Or

Member can choose to link with behavioral health clinician or treatment team for full

Availability: Availability: IOS, Android and desktop systems

Providers no longer incur a PMPY fee when linking with members. So there is not cost to providers or members

UHG/Optum will receive monthly updates:

- Utilization Metrics
- Clinical Outcome Metrics

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Thank You