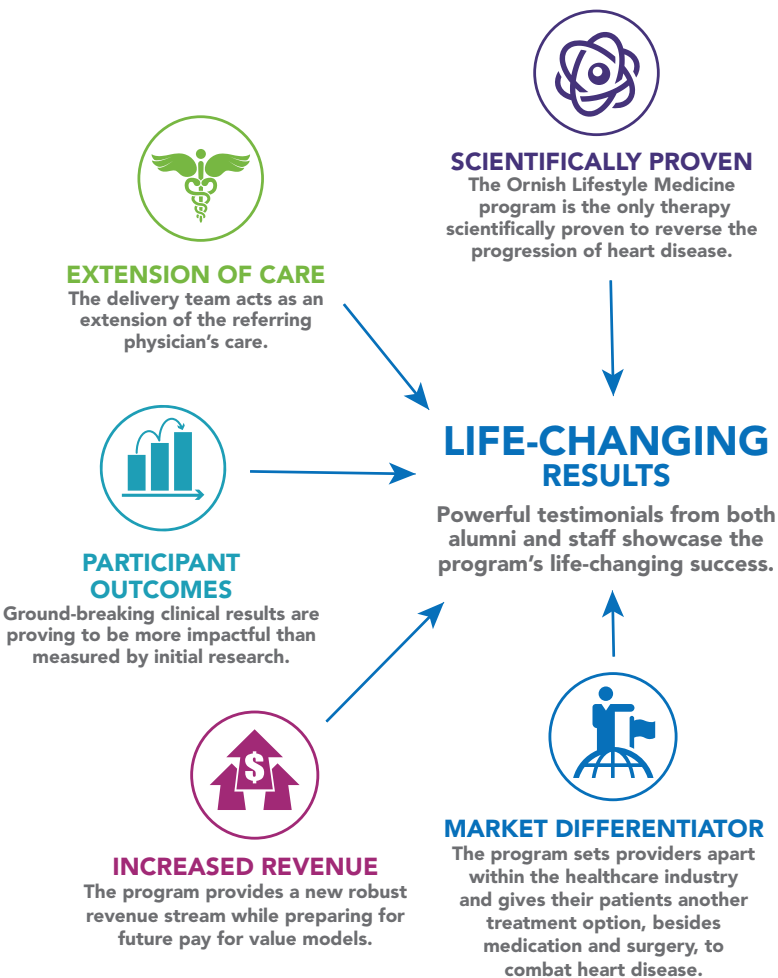


# Ornish Lifestyle Medicine™

## Evidence-Based Medicine Redefining the Standard of Care in Coronary Heart Disease

### Benefits for Providers:



Proven by more than 30 years of peer-reviewed research and delivered with a turnkey approach, Ornish Lifestyle Medicine™ has transformed thousands of lives across the country.

### Benefits of the Sharecare Partnership:

- ➔ Access to all materials through a digital platform
- ➔ Covered by Medicare and other commercial insurers
- ➔ The program is delivered by your team of healthcare experts who are trained and certified by Sharecare professionals.
- ➔ Electronic charting to track program outcomes
- ➔ Sharecare provides the delivery teams with ongoing education, support, and engagement materials to identify and enroll eligible participants.



## PARTICIPANT OUTCOMES

# -73.6%

Reduction in number of participants reporting angina

Lifestyle Metric	Results*
% Dietary Fat	-48.7%
Dietary cholesterol (mg)	-87.3%
Dietary Fiber (gm)	40.0%
Exercise (min/week)	104.2%
Stress Management (min/week)	307.5%

## CLINICAL OUTCOMES

	Results*
Weight Loss	-5.0%
BMI	-5.0%
Total Cholesterol	-15.4%
LDL Cholesterol	-21.0%
HDL Cholesterol	-8.0%
Triglycerides	-11.8%
Systolic Blood Pressure	-5.8%
Diastolic Blood Pressure	-5.7%
HbA1c	-6.2%
Depression Score (CESD)	-48.7%
Exercise Capacity (Mets)	46.3%

\*These metrics are taken at baseline and after completion of the 72-hour program. Outcomes represent data reported to Sharecare from delivery sites (2014-Q2 2020).

### Qualifying criteria includes any ONE of the following:

- Current Stable Angina Pectoris (Chest Pain)
- Stable, Chronic Heart Failure
- Heart Valve Repair or Replacement
- Percutaneous Transluminal Coronary Angioplasty (Balloon) or Coronary Stenting
- Coronary Artery Bypass Surgery
- Heart or Heart-Lung Transplant
- Acute Myocardial Infarction within the last 12 months (Heart Attack)

### SCIENTIFICALLY PROVEN

#### Multiple Multi-Center, Randomized, Peer Reviewed, Statistically Significant Results

- 91% reduction in the frequency of angina in 24 days<sup>1</sup>
- 40% reduction in LDL-cholesterol in the first 24 days without cholesterol lower drugs<sup>2</sup>
- 400% improvement in coronary blood flow after 5 years<sup>3</sup>
- 99% of patients stopped or reversed their heart disease after 5 years<sup>4</sup>
  - In the control group 45% got worse, 50% showed no change and only 5% showed improvement

## INCREASED REVENUE

**72** Program hours allowed by CMS

**\$8,496** Example Per-Participant Reimbursement

**\$127,440** Group Reimbursement (15 people/group)

### Reimbursement Codes

<b>G0422</b>	Intensive Cardiac Rehabilitation; With or Without continuous ECG monitoring, With Exercise, Per Session
<b>G0423</b>	Intensive Cardiac Rehabilitation; With or Without continuous ECG monitoring, Without Exercise, Per Session

#### References

1. 2011 Outcome data managed by Highmark Inc.
2. Ornish D, et al. JAMA. 1983 Jan 7;249(1):54-9.
3. Ornish D et al. JAMA. 1998;280:2001.
4. Gould KL, Ornish D, et al. JAMA. 1995;274:894-901.

