PursueCare

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Patient Experience and Clinical Outcomes Among Patients Treated Through PursueCare's Digital Health Model for Opioid Use Disorder and Prescribed RESET-O® Digital Therapeutic

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EXECUTIVE SUMMARY

Patients seeking recovery treatment from substance use disorders (SUDs) face significant logistical, economic, and time challenges accessing treatment, and exhibit high dropout rates from treatment, as high as 50% after three months. Remote and digital care solutions can help combat SUD by facilitating comprehensive medical treatment that is unencumbered by these prevalent barriers to care.

PursueCare is a telehealth company providing comprehensive medical treatment for SUD and other mental health conditions. PursueCare embarked on a first of a kind opioid use disorder (OUD) treatment program combining its telehealth solutions with FDA-authorized prescription digital therapeutic (PDT), RESET-O®, which delivers evidence-based cognitive behavioral treatment and contingency management for patients with OUD. This report looks at outcomes for patients who initiated the three-month program on 4/23/2021 and who completed it by 5/25/2022.

A total of 131 patients participating in telehealth care completed their RESET-O® prescription.

- Mean age was 38.9 years (range 19-64 years) and 69.2% identified as female.
- 98% received buprenorphine and 95% had buprenorphine both before and after RESET-O®.
- 89% of scheduled sessions were attended within three months of initiating RESET-O®, compared to 87% in the three months preceding it.
- Retention at 3- and 6- months post-RESET-O® initiation was 96% and 92%, respectively.
- Abstinence at 3- and 6- months post-RESET-O® initiation was 90% and 89%, respectively.

In summary, the first cohort of patients completing a three-month course of treatment with telehealth and RESET-O® saw high buprenorphine treatment rates, improved visit attendance, low dropout rates from treatment, and high abstinence rates after 6 months. These interim results are supportive of a favorable role of digital health solutions used in combination to better support patients seeking to recover from OUD.

FINAL REPORT

Introduction and Study Objective

PursueCare is a leader in telehealth solutions, providing comprehensive medical treatment for SUDs and other mental health conditions.

Headquartered in Middletown, CT, and founded in 2019, PursueCare provides Joint Commission-accredited telemedicine treatment for various conditions, including addiction recovery and mental health issues. The comprehensive service provider offers judgment-free and convenient virtual care for opioid, alcohol, and other SUDs and psychiatry treatment for depression, anxiety, and other behavioral health conditions, all through a smartphone app. Patients receive immediate access to a team of healthcare specialists, including physicians, psychiatric providers, therapists, counselors, pharmacists, care coordinators, and an in-house pharmacy. PursueCare's current footprint covers patients across 12 states, focusing on rural Appalachia and rural northern New England. The PursueCare telehealth initiative commenced in February 2019, and now reaches patients in several states.

Pear Therapeutics was a developer of clinically validated, FDA-authorized, software-based treatments indicated to improve patient outcomes in often difficult-to-treat and debilitating physical and mental health disorders. Pear's products became commercially available in January 2019 and have been prescribed by clinicians over 40,000 times for the treatment of SUDs and chronic insomnia. RESET® and RESET-O® are digital therapeutics for patients with SUDs and OUD, respectively, and deliver neurobehavioral treatment via a multimedia smartphone or tablet application.

The collaboration between PursueCare and Pear Therapeutics commenced on January 31, 2021 and focused on patients in Kentucky and West Virginia participating in a RESET-O® "Early Experience Program" (EEP); over time the program expanded to other states (Ohio, New Hampshire, Massachusetts, Connecticut, and New Jersey), and these patients are also represented in this study's analysis.

The objective of this study was to evaluate the patient characteristics, outcomes, healthcare resource use (HCRU), buprenorphine use, and attendance of scheduled treatment sessions among patients using the RESET-O® prescribed digital therapeutic (PDT) at PursueCare.

This is the first report on the experience and outcomes of patients treated exclusively via telehealth care that was augmented by adjunctive use of a PDT.

**As of November 29, 2023, Harvest Bio LLC, a wholly owned subsidiary of PursueCare, owns, manufactures, and supplies RESET® and RESET-O®. As a result, this study and any accompanying materials may contain references to Pear Therapeutics throughout, but the intellectual property and all data are now owned by Harvest Bio LLC.*

Methods

Population

This study was a real-world, observational cohort study of patients with OUD from Kentucky (67.5%), West Virginia (16.4%), and Ohio (12.9%) treated via telehealth by PursueCare who were also prescribed a 12-week prescription for the RESET-O® PDT.

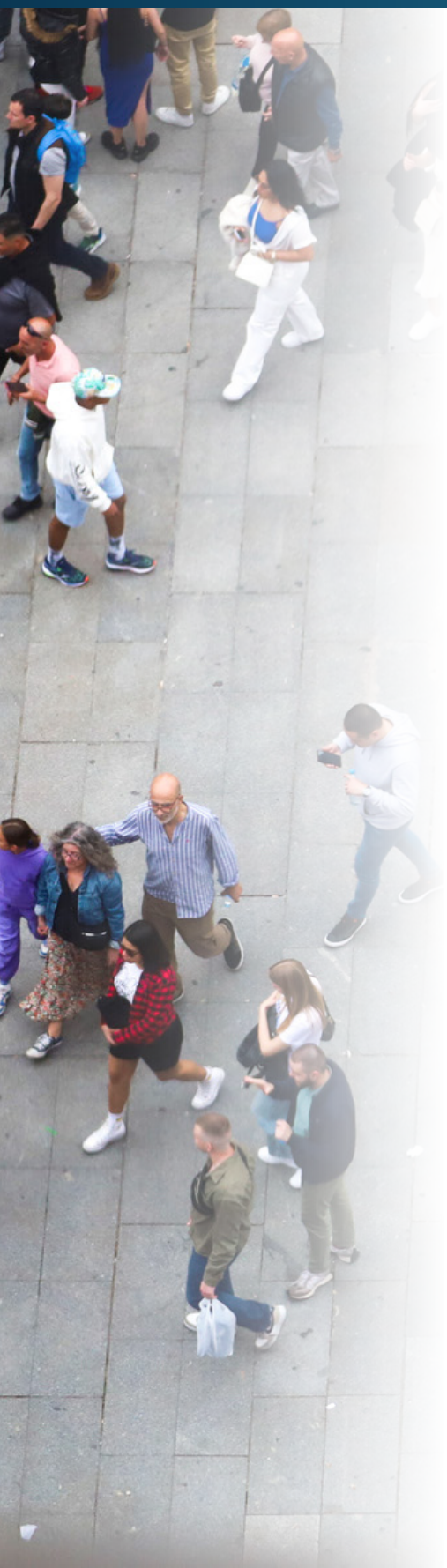
Intervention

PursueCare's telehealth platform and programs deliver medications for oipioid use disorder (MOUD), counseling, psychiatric treatment, delivery pharmacy, at-home screenings, and targeted care management through a simple-to-use smart phone app. PursueCare has established affiliations with health systems, hospitals, employers, and community health resources and offers a rapid transition into comprehensive care at home. The collaboration incorporated Pear's RESET® and RESET-O® PDTs into PursueCare's digital health model for SUD and OUD treatment to give patients a 24/7 evidence-based therapeutic to complement their remote outpatient medical treatment and therapy.

Outcomes

Outcomes measured were patient treatment with buprenorphine medication and the proportion of scheduled treatment sessions attended within 3 months of initiating RESET-O®.

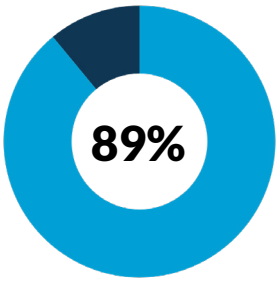
Participant Demographics



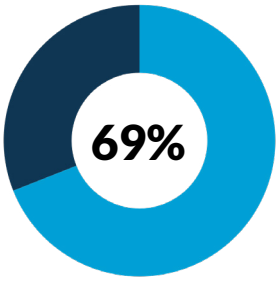
286 patients

with OUD treated at PursueCare received a 12-week prescription for the RESET-O® PDT.

Study participants mean (SD) age was 38.9 (8.3) years and the age range was 19 to 64 years.



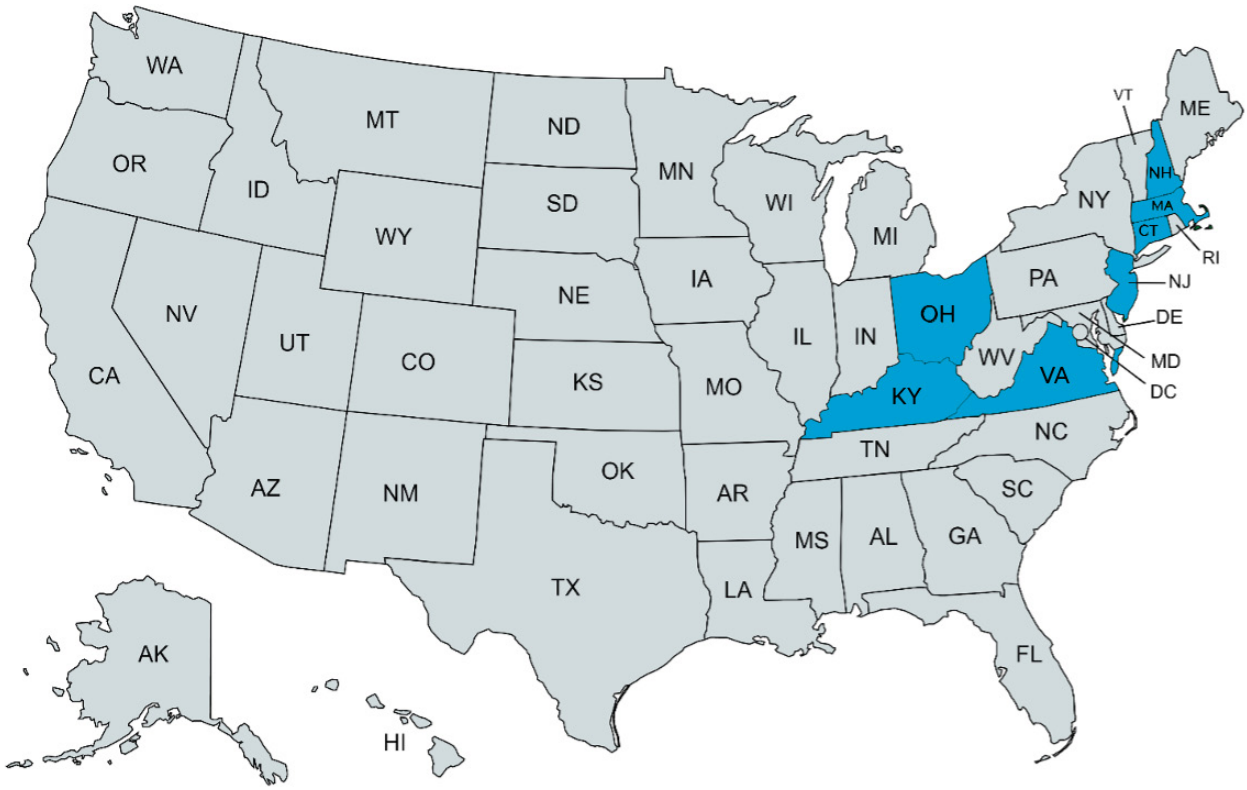
of participants had Medicaid health insurance



of participants identified as female

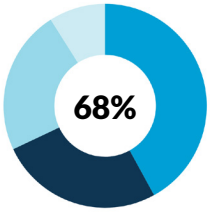
Patients from 7 states participated in PursueCare and Pear Therapeutics' program.

PursueCare and Pear Therapeutics' program was used by patients from seven states: New Hampshire, Massachusetts, Connecticut, New Jersey, West Virginia, Kentucky, and Ohio

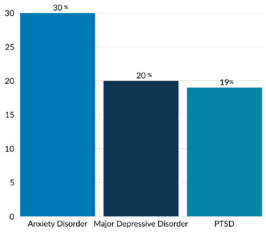


221 days:
mean duration of telehealth treatment at the time of initiation of RESET-O®.

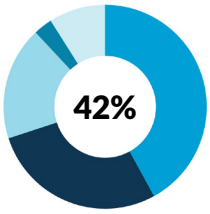
Participant Clinical Characteristics



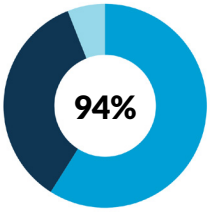
of participants had a diagnosis of opioid dependence (opioid dependence 42%, opioid dependence in remission 26%). The remainder had diagnoses of opioid abuse (23%) or opioid abuse in remission (9%).



Comorbid conditions were anxiety disorder (generalized 17% and unspecified 13%), major depressive disorder (moderate 13% and unspecified 7%), post-traumatic stress disorder (PTSD; chronic 10% and general 9%).



of participants connected to PursueCare through family/friends. The remainder connected to PursueCare through media (28%), their partner (18%), provider referrals (3%), or other sources (9%).

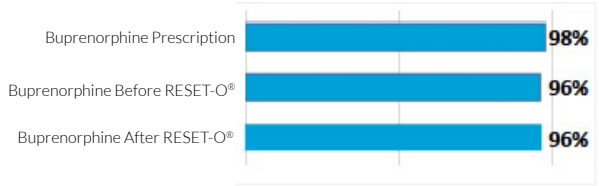


of participants had a full Medication-Assisted Treatment (MAT) program; either a full MAT program alone (59%) or a full MAT program combined with psychiatric mental health provider care (35%).

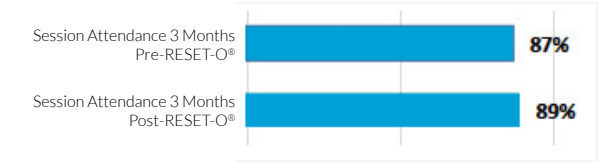
Participant Clinical Outcomes

Among 131 patients who completed their RESET-O® prescription:

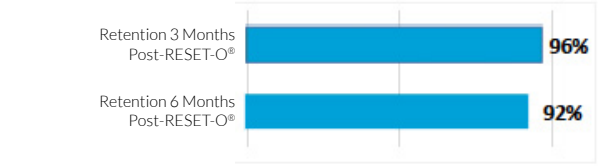
Buprenorphine Adherence
98% received buprenorphine and 95% had buprenorphine both before and after RESET-O®.



Telehealth Treatment Session Attendance
89% of scheduled sessions were attended within three months of initiating RESET-O®.



Treatment Retention
Retention at 3- and 6- months post-RESET-O® initiation was 96% and 92%, respectively.



Patient Abstinence
Abstinence at 3- and 6- months post-RESET-O® initiation was 90% and 89%, respectively.

Conclusions

This is the first report on the experience and outcomes of OUD patients treated exclusively via PursueCare's telehealth care augmented by adjunctive use of the RESET-O® PDT.

Barriers to accessing OUD treatment persist and are not evenly distributed among sociodemographic groups.[1] Buprenorphine is a first-line treatment for OUD that is cost-effective and saves lives, but it remains underused amid access disparities.[2]

These study findings showed that PursueCare's telehealth treatment program was associated with high rates of buprenorphine treatment and high rates of attendance of scheduled telehealth sessions.

- High rates of buprenorphine use.
- Fewer scheduled treatment sessions were missed.
- High rates of retention in treatment at 3 and 6 months.
- High rates of abstinence at 3 and 6 months.

The combination of Telehealth and a prescription digital therapeutic can help ensure equitable and comprehensive OUD care for patients in under-served, low-resource, difficult-to-reach, and over-burdened areas devastated by the opioid epidemic.

References: 1. Corry B, Underwood N, Cremer LJ, Rooks-Peck CR, Jones C. County-level sociodemographic differences in availability of two medications for opioid use disorder: United States, 2019. Drug Alcohol Depend. 2022 Jul 11;236:109495.; **2.** Stevens MA, Tsai J, Savitz ST, Nath B, Melnick ER, D'Onofrio G, Jeffery MM. Trends and Disparities in Access to Buprenorphine Treatment Following an Opioid-Related Emergency Department Visit Among an Insured Cohort, 2014-2020. JAMA Netw Open. 2022 Jun 1;5(6):e2215287.