

“Guiding members to self-management”

Template-Driven Self-Care Reminders & Tracking Tools

HealthTraxCoach is a virtual health coach, providing reminders and tracking reports for various means of improving personal health, including prevention, chronic condition maintenance, medication compliance, and healthy lifestyles. Members are assigned to care groups, based on their profile, and then are guided through tracking templates, receiving reminders to encourage compliance. Reminders can be delivered via email, text message, IVR or live phone call, depending on the user’s preference. Based on responses to these messages, the user’s compliance is tracked against goals, with non-compliance alerting the care manager.



“Personalization of standard care plans enables exception-based care management”

No proprietary devices, No monitoring equipment

HealthTraxCoach extends the clinical reach of care managers, while taking advantage of members’ existing technology platforms. By utilizing email, text messages, and phone calls, HealthTraxCoach eliminates the need for “smart devices” to enable remote patient monitoring. In addition, by moving the monitoring into a real-time, mobile platform, HealthTraxCoach can guide member behavior on their terms, no matter where they are at the time.

Members will also have access to the full HealthTrax self-care modules, as well as the Coaching reminders established by the care manager. This allows members to setup their own goals and monitor progress, as well as to challenge others to compete in group efforts (eg weight loss, steps per day).

Clients can use HealthTrax components as a secure communication tool to deliver post-care follow up (eg hospital discharges), gaps in care alerts (eg HEDIS improvement), or outreach efforts (eg targeted member communication). The Software as a Service design of HealthTrax allows significant flexibility in deployment and application to your needs.

By engaging and empowering the patient to better monitor their own health status, clients can experience improvements in health outcomes while reducing both administrative and clinical care costs.



Imagine a world where fluctuations in a congestive heart failure patient’s weight triggers an alert to their care manager ...

Imagine a world where gaps in routine care are analyzed and delivered to the patient ...

Imagine a world where complicated medication regimens are followed with ease ...

Imagine a world where all of this happens because the patient is engaged on a daily basis ...

Imagine your world with HealthTrax

