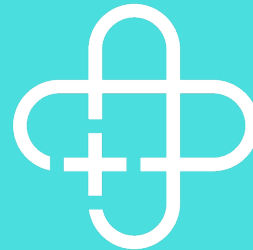




My IBD Care: Monitoring, Education and Intervention for people with Crohn's or Colitis

A patient-centric, clinically-validated model of care, developed in partnership with King's College Hospital, Bart's Health and Crohn's Colitis UK



Clinicians and Patients are at the Heart of our Story



DR BU'HUSSEIN HAYEE

CO-FOUNDER
& MEDICAL DIRECTOR

CLINICAL LEAD,
KING'S COLLEGE HOSPITAL

ASSOCIATE PROFESSOR
KING'S COLLEGE LONDON



DR JAMES GALLOWAY

CO-FOUNDER
& BOARD OBSERVER

HONORARY CONSULTANT
KING'S COLLEGE HOSPITAL

CHAIR
BSR NATIONAL AUDIT



DR GARETH PARKES

CO-FOUNDER
MEDICAL DIRECTOR

CLINICAL LEAD,
BART'S HEALTH

CO-AUTHOR,
NATIONAL IBD GUIDELINES



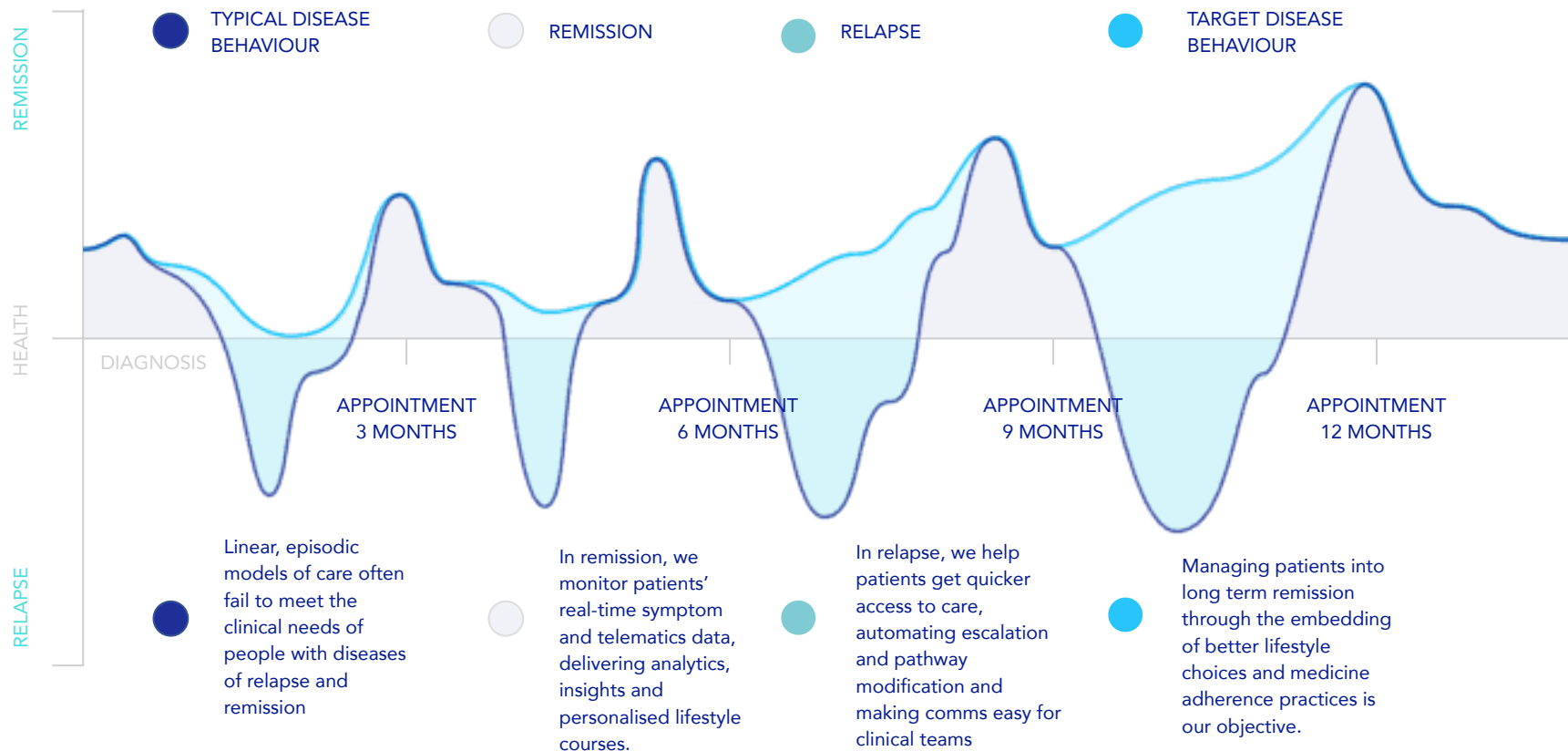
NADER ALAGHBAND

CO-FOUNDER
& CEO

CAREER HEALTH
TECHNOLOGIST

CARER & ADVOCATE
FOR BETTER LTC CARE

Ampersand connects the 5 hours a year a patient spends in clinic with the other 8,755 hours they spend looking after themselves.



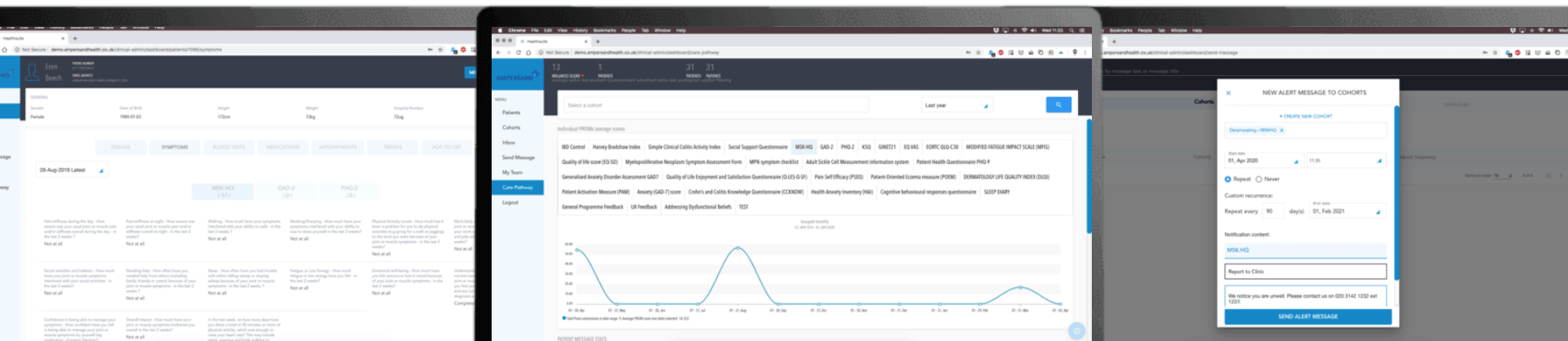
We help clinicians build a higher fidelity picture of how patients are doing, making it easy focus on those with the greatest clinical need.

Better remote monitoring and more objective follow ups, facilitated by regular collection of validated patient reported measures and new data sources

More personalised care, using technology to automate and customise patient interaction at scale, freeing up valuable nursing time.

More efficient intervention - automation of pathways and escalation model, so clinical teams can identify and focus on patients with a specific clinical need.

CE Marked, Regulated Medical Device, compliant with GDPR, top rated by Orcha, 5 Star Rated in the US app store and ready for localisation.



Our platform frees up 50% capacity in clinic by actively managing the well and keeping them out of hospital.



Ana, Clinical Nurse Specialist

"This app transforms the support available for people living with diseases like Crohn's or Colitis, giving them access to so much guidance on lifestyle and psychological topics that we often don't have time to discuss in clinic. It couldn't come at a better time for the long term wellbeing of my patients."



Matthew, Commercial Director, NHS Trust

"The product meets the aspirations expressed in the NHS "Five Year Forward View" in respect of the potential to use Technology Enhanced Services to improve the quality, accessibility and cost effectiveness of care. It is clear that it will help the Trust achieve its objective of reducing outpatient attendance....I am impressed."

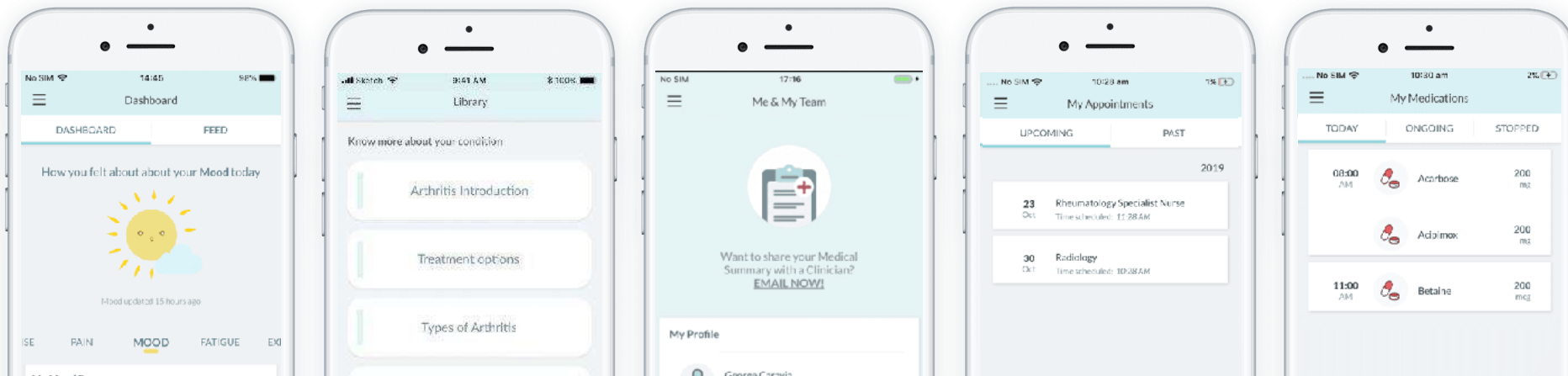
Our model of supported self-management improves the patient journey and leads to better outcomes and QoL for patients.

Symptom Tracking (using validated PROMs) + telematics (using Apple Watch etc) + feelings (Likert scales, diaries)

Up to date personal health record, including blood test results, medications, appointments, operations,

Two way messaging with clinical team where permitted + notifications and reminders

Educational content + evidence based behavioural programmes focused on stress management, medicines adherence and sleep improvement



We work with subject matter experts from the NHS, Academia and Industry to develop world-leading behavioural programmes for IBD.

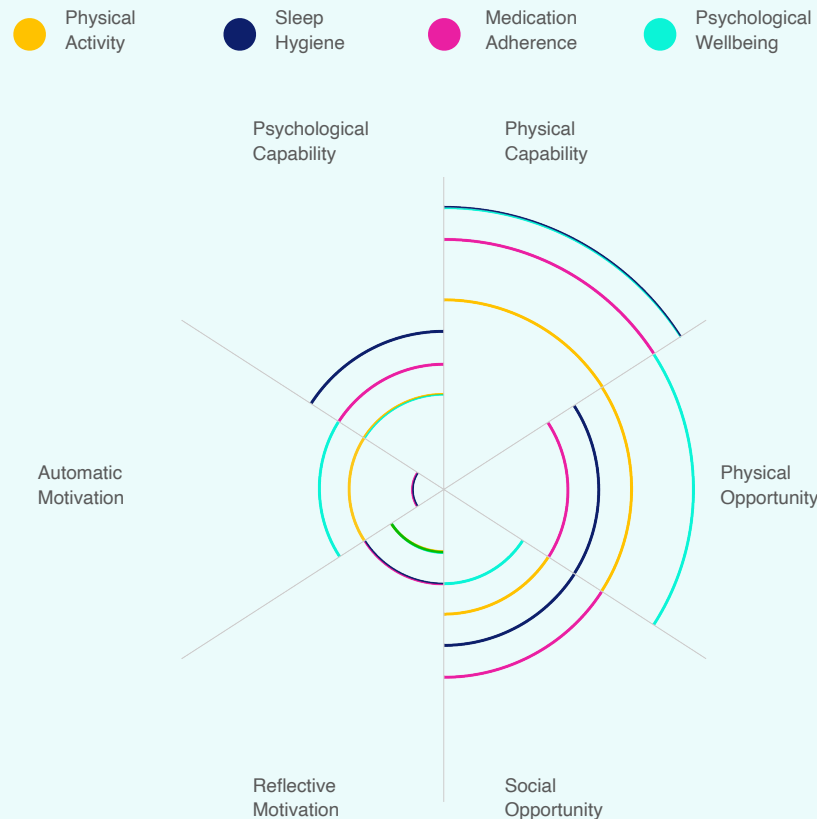
Inflammatory conditions "flare up" unpredictably and managing lifestyle plays a big part in maintaining wellness and quality of life.

Ampersand has developed proprietary behavioural- and data-science driven programmes focused on:

- Medicines Adherence
- Sleep Improvement
- Stress Management
- Staying Active
- Healthy Relationships (release Q2)
- Food Choices (release Q3)

We use COM-B, (Capability, Opportunity, Motivation - Behaviour) a well-known framework for behaviour change.

We have 2 competitively funded multi-centre clinical trials under way to evidence the effectiveness of our intervention.



85% of patients prefer our model. Here's what they say.

Sarah, diagnosed in 2009

"This app has definitely changed how I think about managing my condition. Having all the information, advice and reminders at my fingertips makes it easier to stay on top of everything...and it really is a comfort knowing my RA team can see how I'm doing and be close at hand when I need."

Chris, diagnosed in 2013

"Daily tracking how you're feeling, how you're eating, your stress levels, gives a certain amount of confidence. You know that someone at the hospital is monitoring how you're doing between appointments. I feel that there is an invisible person being a safety net for me."



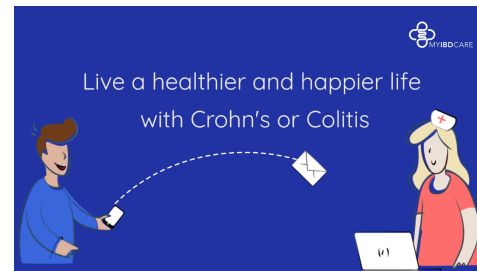
To find out more visit our [website](#) or peruse some of the videos in our [library](#)



<https://vimeo.com/323725321>
About Ampersand Health



<https://vimeo.com/400942747>
Our Short Courses



<https://vimeo.com/400966555>
Features of the Patient App



A patient-centric, clinically-validated model of care,
developed in partnership with:

