

# Helping your Autoimmune Disease Patients Reclaim their Health

As you know, many people living with autoimmune disease (AD) do not achieve or sustain low disease activity. And even if they do, many still don't enjoy high health-related quality of life (HRQoL). 1-6 Fatigue, pain, poor physical function, cognitive impairment...these symptoms, and others, are prevalent in AD, often do not respond adequately to pharmaceuticals, and significantly undermine patients' happiness and productivity.

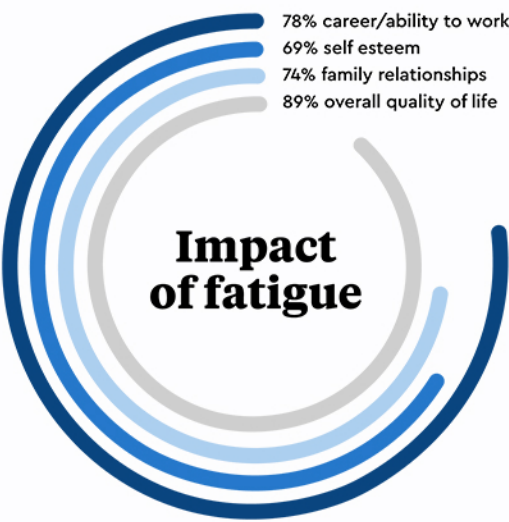
## At Mymee, we’ve developed a program that works alongside your care to help patients overcome persistent symptoms and reclaim their health.

While genetics clearly contribute to AD susceptibility, multiple lines of evidence now support a central role for environment in the pathogenesis of AD. A 2015 Stanford study determined that 77% of the observed variation in immune system function in twin sets was attributable to non-heritable influences. 7 Diet, medications, chemicals, sleep and stress are all factors that have been implicated in AD but do not appear to have uniform affects across the AD population. Rather, environmental triggers of AD differ significantly from person to person, making a one-size-fits-all solution for lifestyle interventions ineffective.

Mymee is a low risk, non-pharmaceutical program intended to improve HRQoL in people with autoimmune disease. The intervention combines 1) a smartphone app for easy tracking of diet, select lifestyle factors and symptoms, 2) personalized health coaching, and 3) intelligent algorithms to help alleviate chronic symptoms associated with autoimmune disease. It is a 16-week, customized program that works to identify each person's unique set of food and behavioral triggers which are aggravating their symptoms and provides information, education, and support to develop new behaviors to help them avoid these triggers and feel better.

Mymee's clients suffer from a range of ADs, including rheumatoid arthritis, psoriatic arthritis, Crohn's disease, ulcerative colitis, lupus, psoriasis and others. More recently we have worked successfully with COVID long haul. Across these diverse diagnoses, clinically meaningful improvements in fatigue, pain, ability to manage symptoms and several other HRQoL domains are achieved. Fatigue is a particularly distressful issue that is nearly universal with AD sufferers. A recent survey of more than 7,800 AD patients finds that fatigue impacts nearly every aspect of their lives: 8

In fact, 9-in-10 called fatigue a "major issue" and 6-in-10 said it is "probably the most debilitating symptom of having an AD." By utilizing the Patient-Reported Outcomes Measurement Information System (PROMIS) we capture the patient voices and experiences at various points as they work through the Mymee program.



# 76% of Mymee clients report significant improvement in fatigue

...at the 16-week endpoint, and meaningful improvement in several other measures



Recently, Mymee's RCT was published in the Journal of Medical Internet Research (JMIR). It assessed the Mymee Program as adjunct care in patients with Systemic Lupus Erythematosus. The study demonstrated statistically significant, clinically meaningful improvements in HRQoL when added to usual care.

### Highlights include:

- ✔ The Mymee Program resulted in significant and clinically meaningful improvements that exceeded control in 9 of 11 HRQoL domains.
- ✔ Fatigue was among the domains which saw considerable improvement (34% absolute and 85% relative improvement).
- ✔ Pain and pain interference showed clinically significant improvements (13% absolute, 25% relative and 25% absolute, 40% relative improvements, respectively).
- ✔ Adherence to data tracking in the Mymee app exceeded 90%.

Each of Mymee's Certified Health Coaches have third party certification from recognized health coaching schools with preference of a background in functional medicine and Board certification (NBC-HWC). After joining the Mymee team, they participate in over 130 hours of training and mentoring. Each of them also has personal experience with autoimmune disease.

Mymee is complementary to a physician's goals and recommendations. Individuals suffering from autoimmune diseases or COVID long haul often spend significant time trying to anticipate and manage their symptoms within their work and home life environments. Mymee makes that process simple, less risky, and more successful for the patient.

## Contact us

We welcome the opportunity to tell you more about how our program fits seamlessly with your practice to help your patients. Please contact our Chief Medical Officer Dr. Nicole Bundy.

[www.mymee.com](http://www.mymee.com) [nicole.bundy@mymee.com](mailto:nicole.bundy@mymee.com) (917) 920-4078

References: 1. Mahieu MA, et al. Candidate biomarkers for fatigue in systemic lupus erythematosus: A critical review. Curr Rheumatol Rev. 2017;13(2): 103-12. 112. doi: 10.2174/1573397112666161029224953. PMID: 27804863. 2. Schmeding A, Schneider M. Fatigue, health-related quality of life and other patient-reported outcomes in systemic lupus erythematosus. Best Pract Res Clin Rheumatol. 2013 Jun;27(3):363-75. doi: 10.1016/j.berh.2013.07.009. PMID: 24238693. 3. Kozora E, et al. Depression, fatigue, and pain in systemic lupus erythematosus (SLE): Relationship to the American College of Rheumatology SLE neuropsychological battery. Arthritis Rheum. 2006;55(4):628-35. 2006 Aug 15;55(4):628-35. doi: 10.1002/art.22101. 4. Alten R, et al. Physical and emotional burden of rheumatoid arthritis: Data from RA matters, a web-based survey of patients and healthcare professionals. Rheumatol Ther. 2019 Dec; 6(4): 587-597. Published online 2019 Oct 28. doi: 10.1007/s40744-019-00179-2. Rheumatol Ther. 2019;6(4):587-97. 5. Nikiphorou E, et al. Remission vs low disease activity: function, quality of life and structural outcomes in the Early Rheumatoid Arthritis Study and Network. Rheumatology (Oxford). 2020 Jun 1. doi: 10.1093/rheumatology/kez461. 6. Moradkhani A, Beckman LJ, Tabibian JH. Health-related quality of life in inflammatory bowel disease: psychosocial, clinical, socioeconomic, and demographic predictors. J Crohns Colitis. 2013 Jul;7(6):467-73. doi: 10.1016/j.crohns.2012.07.012. Epub 2012 Aug 10. PMID: 22884758. 7. Brodin P, Jovic V, Gao T, et al. Variation in the human immune system is largely driven by non-heritable influences. Cell. 2015 Jan 15;160(1-2):37-47. doi: 10.1016/j.cell.2014.12.020. PMID: 25594173; PMCID: PMC4302727. 8. AARDA "New Trends in Autoimmunity for Patients, Researchers and the American Public" highlights from "The State of Autoimmune Disease: A National Summit" 2015 Mar 23. 9. Khan F, Granville N, Malkani R, Chathampally Y. Health-Related Quality of Life Improvements in Systemic Lupus Erythematosus Derived from a Digital Therapeutic Plus Tele-Health Coaching Intervention: Randomized Controlled Pilot Trial.J Med Internet Res 2020;22(10):e23868, doi: 10.2196/23868