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Evidence of Care

13th June, 2023 to 13th August 2023

The Evidence of Care for John Doe (ICD-10: M54.5 - Low Back Pain) summarizes his Remote Therapeutic Monitoring (RTM) with pain logs, medication adherence, step counts, and provider notes, supporting care verification and billing.

Wellness Health Clinic

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1. Introduction

1.1. Reporting Period

Start Date	01/01/2024
End Date	02/01/2024

1.2. Patient Information

Name	John Doe
Email	john.doe@email.com
Contact Number	(555) 123-4567
Date Of Birth	04/04/1996
Address	-
Country	United States of America
State	Arizona
City	Scottsdale
Zip Code	85254
Enrollment Notes	John Doe, 45, was enrolled in the RTM program today. The VitaTrax app was set up on his device, and he was educated on logging pain, tracking steps, and setting reminders. Consent for data sharing was obtained at 2:15 PM. A wearable device (ID: 12345-XYZ) was issued and paired successfully. John reported chronic lower back pain (6/10) and mobility issues. A follow-up consultation is scheduled for December 16, 2024, at 10:00 AM to review progress and adjust the care plan as needed.

1.3. Practice Details

Practice Name	Wellness Health Clinic
Address	123 Healing Way, Wellness City, ST 45678
Email	contact@wellnesshealthclinic.com
Website	www.wellnesshealthclinic.com
Contact Numer	(415) 322-4563
Care Provider	Emily Smith

1.4. Patient Consent

Consent Date	01/01/2024
Consent Time	10:00 AM
Consent Taken By	Emily Smith
Logged in system on	01/01/2024, 10:00 AM
Terms of service	<p>By consenting to participate in Remote Therapeutic Monitoring (RTM) services, you acknowledge that you have read, understood, and agree to the following terms:</p> <ol style="list-style-type: none">Potential Copayment Requirements:<p>You understand that your participation in RTM services may involve a copayment or other out-of-pocket expenses. The exact amount will depend on your specific health insurance coverage. We encourage you to contact your insurance provider for further details regarding any potential costs.</p>Voluntary Participation and Cancellation:<p>Your participation in RTM is entirely voluntary. You have the right to withdraw from the RTM program at any time, for any reason, without affecting the quality of care you receive from your healthcare provider. If you choose to discontinue, simply notify us, and we will cease RTM services promptly.</p>Sharing of Care Information:<p>You consent to the sharing of your health information with other healthcare providers involved in your care, as needed. This sharing of information aims to facilitate comprehensive and coordinated management of your health and ensure the highest standard of care.</p>Single Practitioner Billing for RTM Services:<p>Under current regulations, only one healthcare practitioner may bill for RTM services at a time. By participating in this program, you acknowledge that billing for RTM will be limited to a designated practitioner responsible for your remote monitoring. This practitioner will be coordinating your care as part of the RTM program.</p> <p>We are committed to protecting your privacy and maintaining the confidentiality of your health information in accordance with our Privacy Policy. Should you have any questions about this consent agreement, please contact us for further information.</p> <p>By accepting this agreement, you affirm your understanding and consent to the terms outlined above for participation in RTM.</p>

1.5. Insurance Information

Primary Insurance Provider Name	Nationwide Insurance
Secondary Insurance Provider Name	-
Policy Number/Subscription ID	876KJHBS803
Group Number/Name	ASR
Primary Policyholder's Name	John Doe
Primary Policyholder's Date of Birth	04/04/1996
Relationship of Patient to Policyholder	Self
Primary Policyholder's Email	john.doe@email.com
Primary Policyholder's Phone	(555) 123-4567

1.6. Medical History

Diagnosis Code	M54.5 - Low back pain: For the persistent lower back pain reported. G47.33 - Sleep disturbance, due to pain: For the sleep issues caused by discomfort.
Medical Notes	John Doe, 45, reported persistent lower back pain with an intensity of 6/10, exacerbated by prolonged sitting. Mobility is limited, and he experiences stiffness in the morning. Advised stretching exercises and moderate walking to improve flexibility. Prescribed Ibuprofen 200 mg, twice daily, for pain management. Discussed potential side effects and emphasized adherence to dosage. Patient expressed concerns about sleep disturbances due to discomfort; suggested trying a supportive pillow and maintaining a consistent sleep routine. Follow-up planned for December 16, 2024, to assess progress and consider additional interventions if needed.

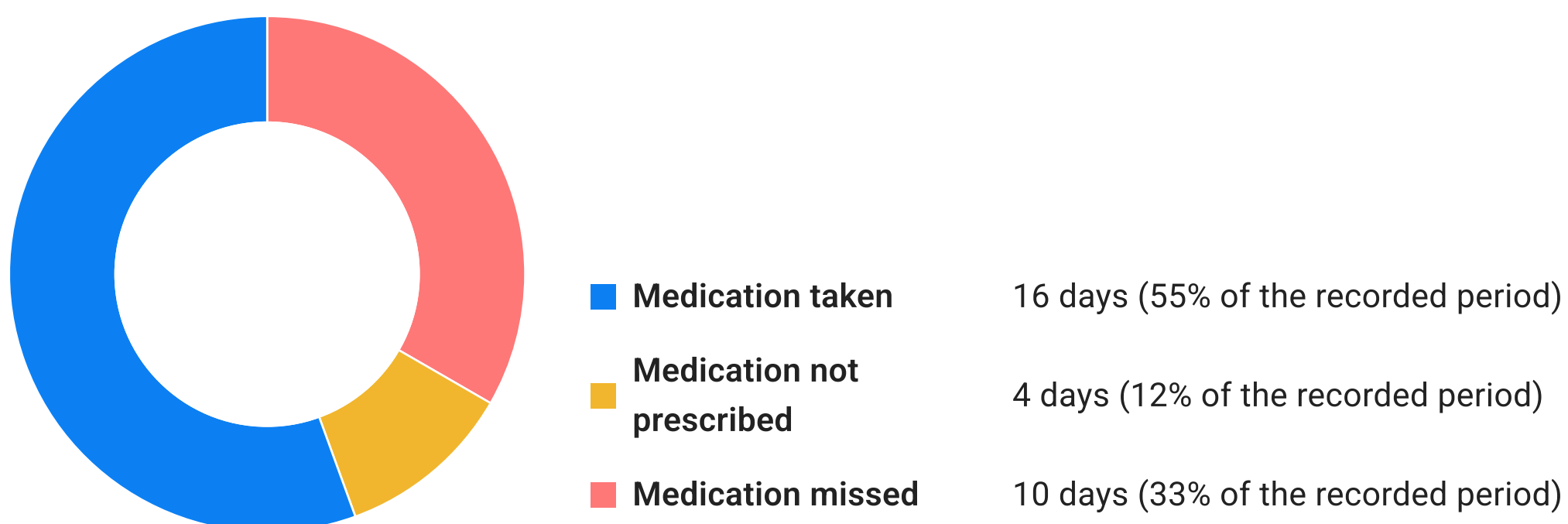
2. Visual Data Summary

2.1. Pain Levels & Medication Adherence

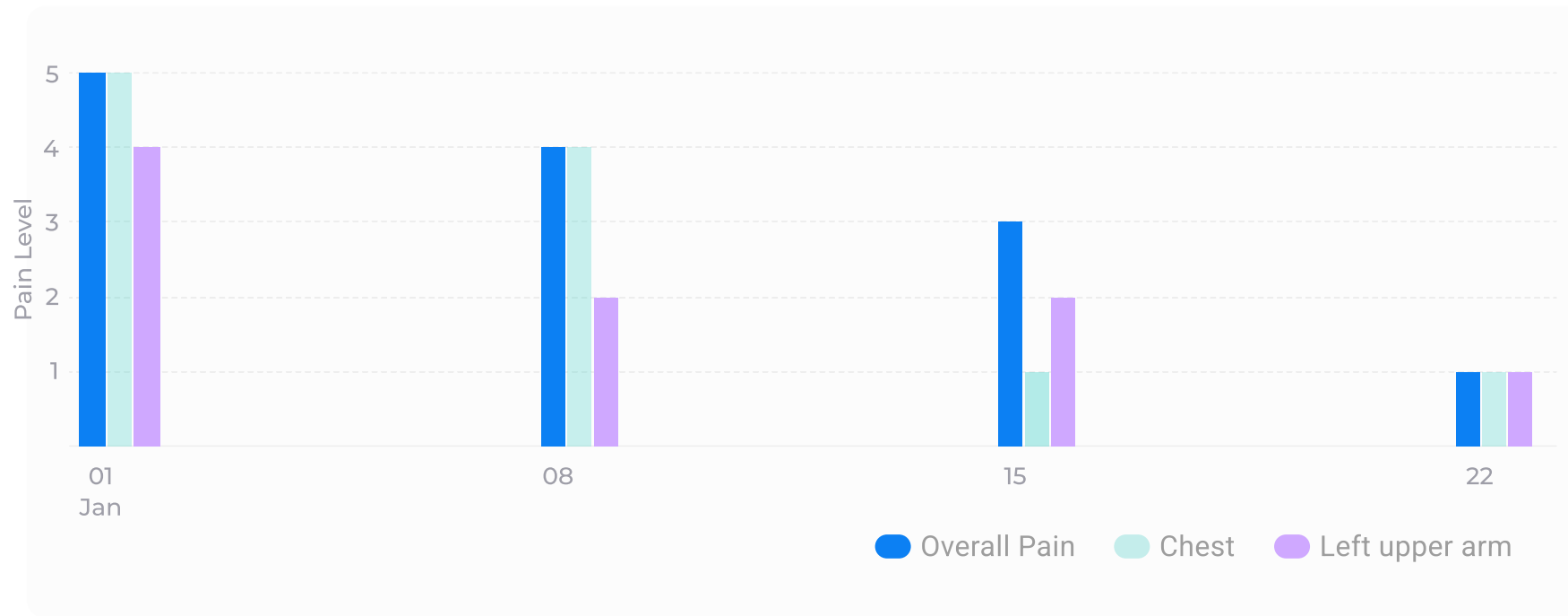
2.1.1. Overall Pain Statistics



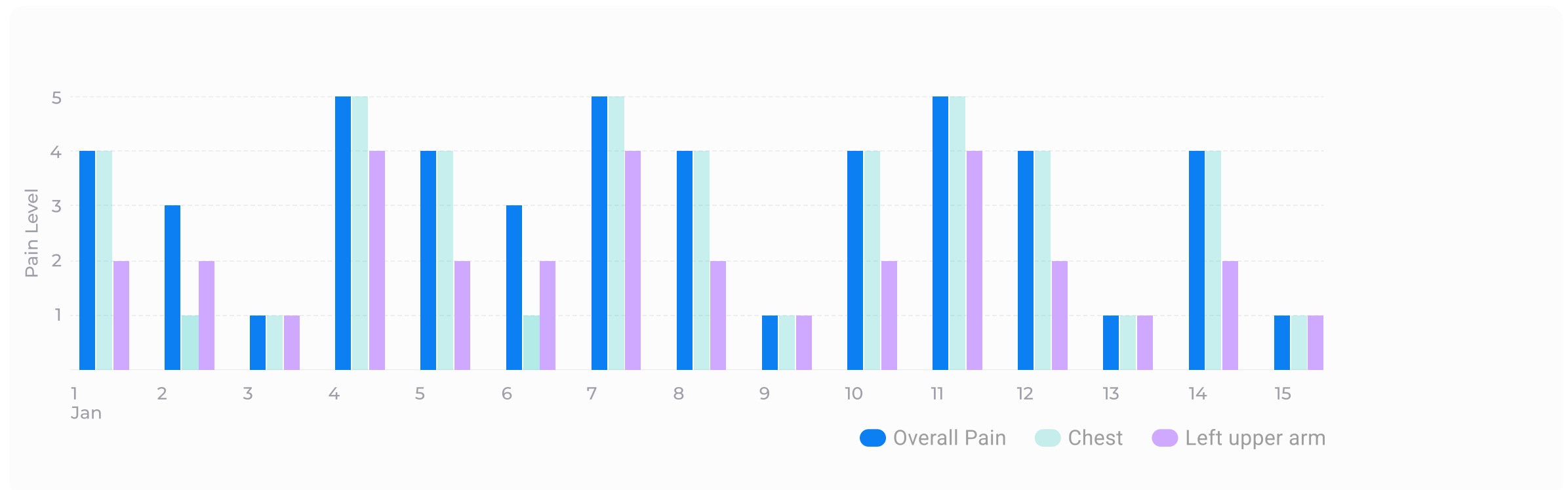
2.1.2. Overall Medication Statistics



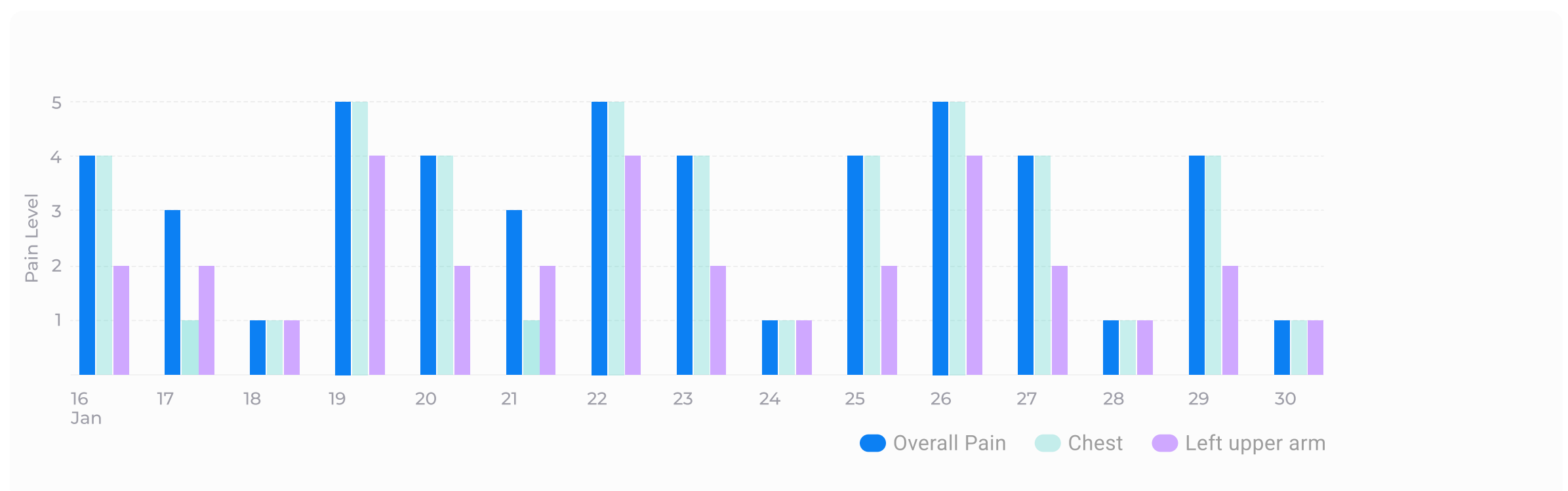
2.1.3. Pain Trends



Analysis: The chart above illustrates weekly pain trends over the the month of January.



Analysis: The chart above illustrates overall pain trends from Jan 1 to Jan 15, 2024.



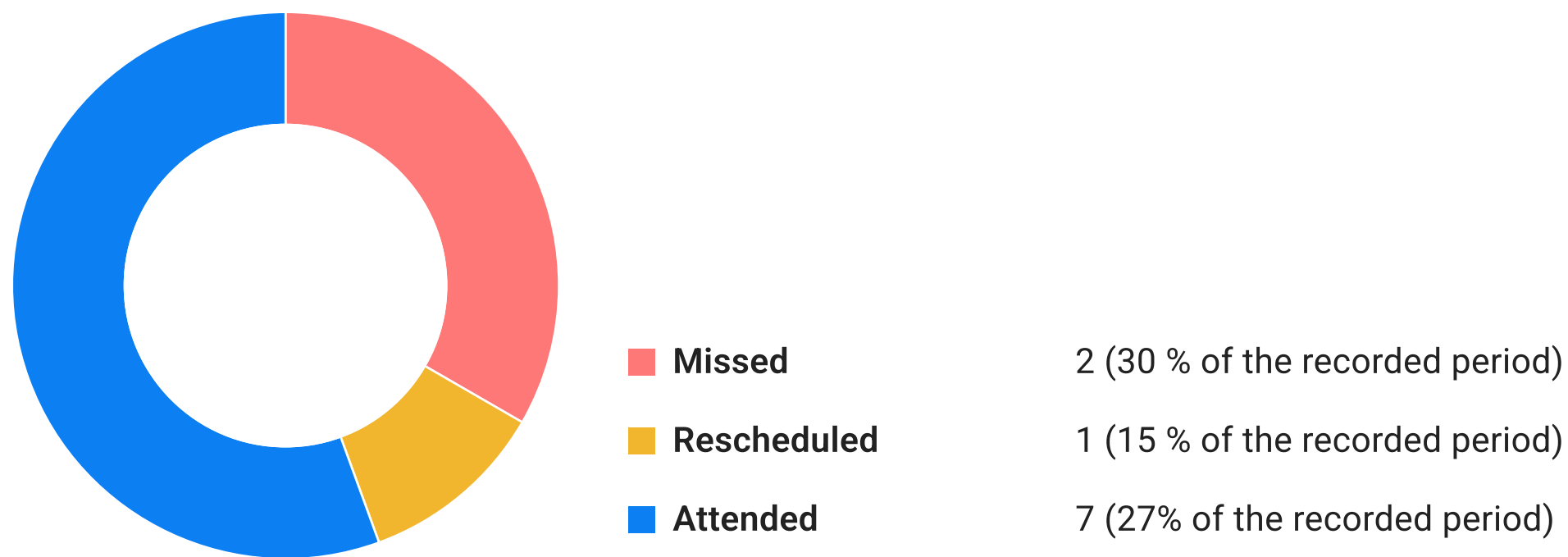
Analysis: The chart above illustrates overall pain trends from Jan 15 to Jan 30, 2024.

2.1.4. Pain Frequency

Body Part	Frequency	Average Pain Level
Lower Back	4	4
Left Knee	3	3
Right Shoulder	7	4
Other Parts	7	2

Analysis: This table provides a more detailed breakdown of pain frequency, duration, and the percentage of total pain each body part contributes, considering the pain scale from 0 to 10.

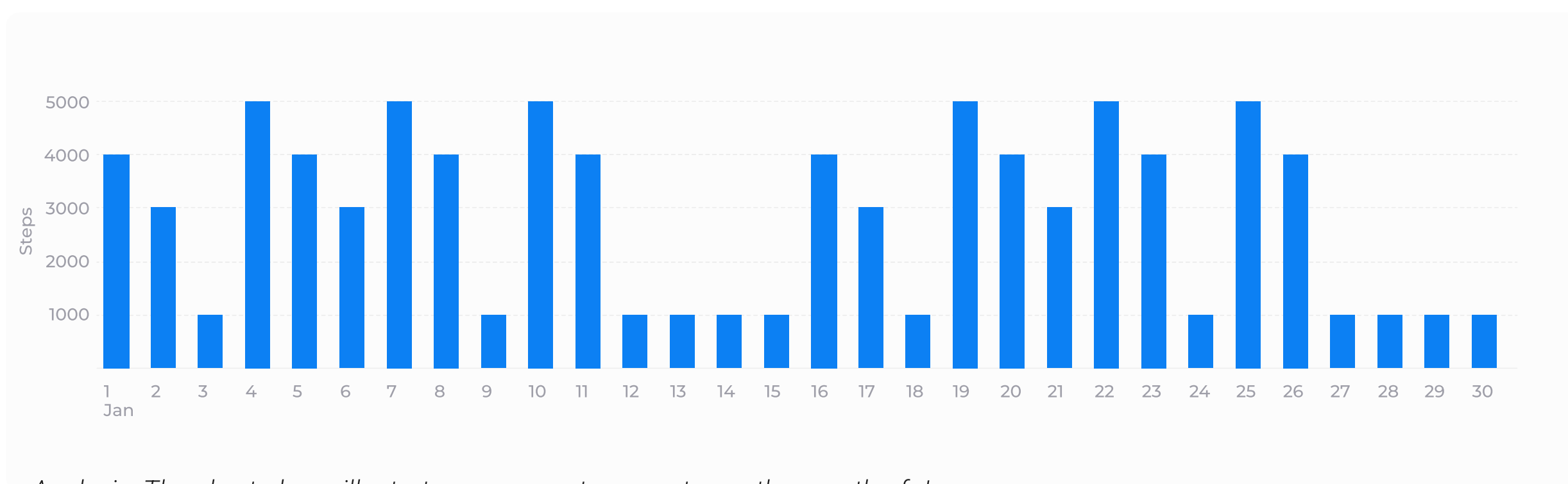
2.2 Appointments Overview



Analysis: The chart above illustrates attendance of appointments over the month of January, 2024.

Note: Find detailed Appointments logs in tabular form at the end of this document.

2.3 Daily Step Counts



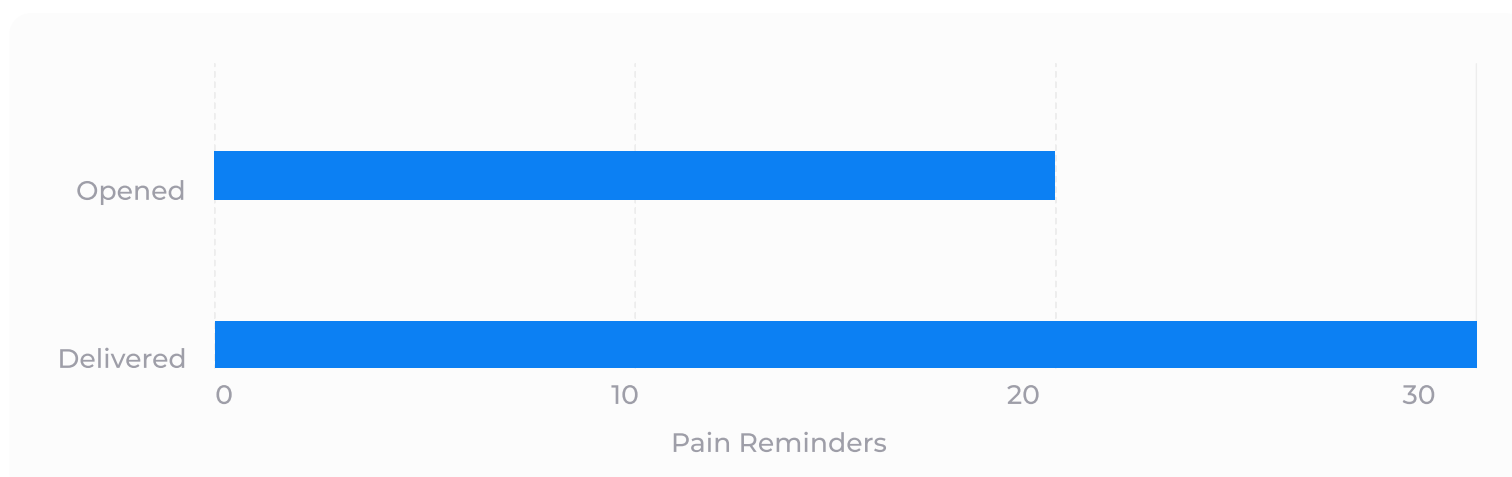
Analysis: The chart above illustrates average step count over the month of Jan.

Note: Find detailed step logs in tabular form at the end of this document.

2.6 Push Notification Reminders

Daily push notification reminders were sent to the patient to encourage regular logging of pain levels. In cases where the patient did not log their pain for one week, a reminder chat message was sent as a follow-up, prompting the patient to resume logging their pain. This additional communication helped maintain consistency in data collection, supporting better-informed treatment decisions.

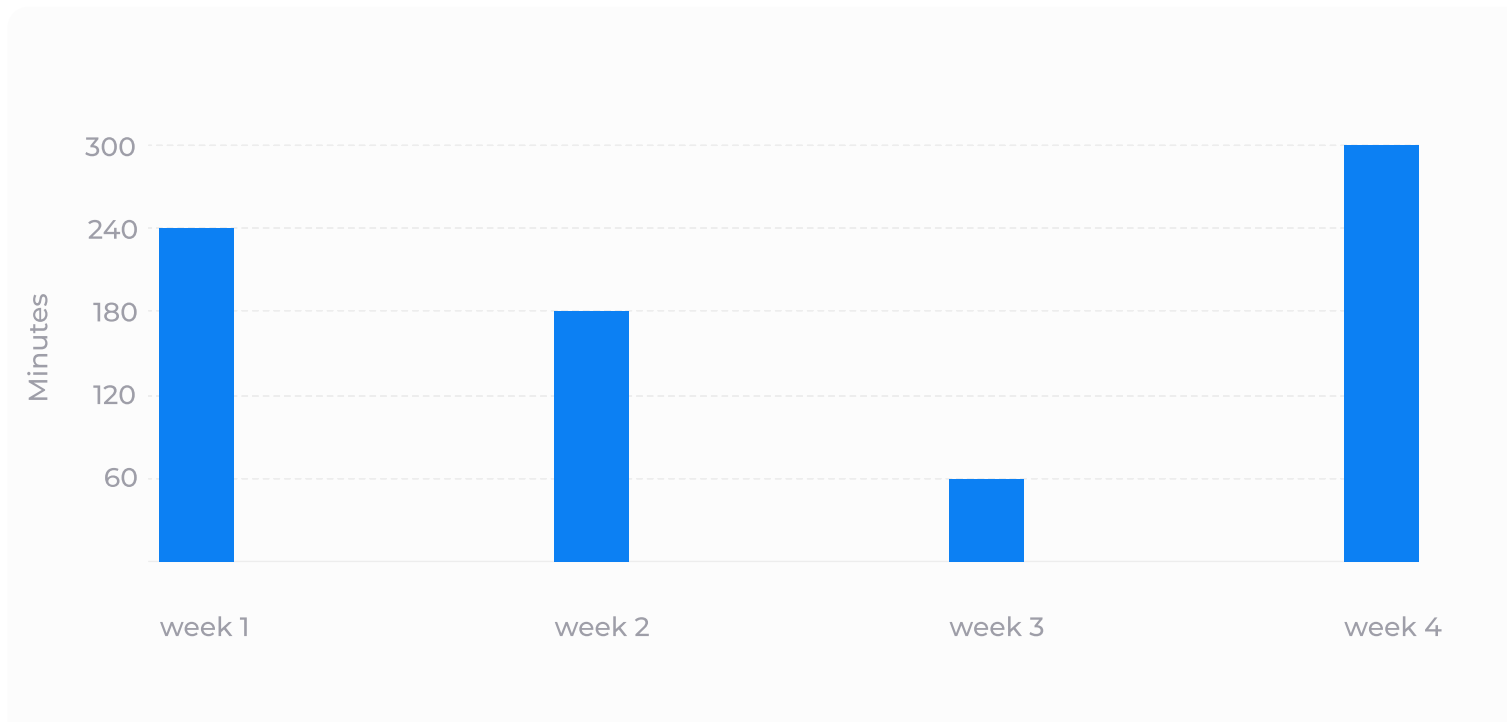
Total Reminders sent	30
Delivered	30 (100%)
Opened	20 (66%)



Analysis: The chart above illustrates push notification reminders performance over the month of January, 2024.

Note: Find detailed pain logs in tabular form at the end of this document.

2.5 Time Spent on Patient



Analysis: The chart above illustrates average time spent on patient monthly Feb to Jun

Note: Find detailed time sheet in tabular form at the end of this document.

Total Time Spent	01:30.11
Average weekly time	00:40.33

3. Comprehensive Data Logs

3.1. Daily Pain Levels & Medication Intake

Sr No	Date	Time	Body Part	Duration	Pain Intensity	Medication	Comments
01	12/13/2024	12:00pm	Overall	1-3 hours	3	Taken	This Pain is driving me crazy, I've got swelling and stiffness, redness and warmth to the touch
02	12/13/2024	12:05pm	Left Upper Arm	1-3 hours	3	Taken	I've got swelling and stiffness, redness and warmth to the touch. i was not able to go to work because of the pain
03	12/13/2024	06:05pm	Left Upper Arm	All day	3	Taken	This Pain is driving me crazy.
04	12/13/2024	12:05pm	Left Lower Arm	1-3 hours	2	Taken	-
05	12/21/2023	12:00pm	Overall	All day	3	Taken	This Pain is driving me crazy, I've got swelling and stiffness, redness and warmth to the touch
06	12/21/2023	12:05pm	Left Upper Arm	1-3 hours	3	Not Taken	I've got swelling and stiffness, redness and warmth to the touch. i was not able to go to work because of the pain
07	12/21/2023	12:05pm	Left Lower Arm	All day	2	Not Taken	-

Sr No	Date	Time	Body Part	Duration	Pain Intensity	Sleep Loss	Comments
17	12/13/2024	12:00pm	Overall	1-3 hours	3	Taken	This Pain is driving me crazy, I've got swelling and stiffness, redness and warmth to the touch
18	12/13/2024	12:05pm	Left Upper Arm	All Day	3	Not Taken	I've got swelling and stiffness, redness and warmth to the touch. i was not able to go to work because of the pain
19	12/13/2024	06:05pm	Left Upper Arm	1-3 hours	3	Not Taken	This Pain is driving me crazy.
20	12/13/2024	12:05pm	Left Lower Arm	All Day	2	Taken	-
21	12/21/2023	12:00pm	Overall	1-3 hours	3	Taken	This Pain is driving me crazy, I've got swelling and stiffness, redness and warmth to the touch
22	12/21/2023	12:05pm	Left Upper Arm	1-3 hours	3	Taken	I've got swelling and stiffness, redness and warmth to the touch. i was not able to go to work because of the pain
23	12/21/2023	12:05pm	Left Lower Arm	All Day	2	Taken	-
24	12/22/2023	12:00pm	Overall	1-3 hours	3	Taken	This Pain is driving me crazy, I've got swelling and stiffness, redness and warmth to the touch
25	12/22/2023	12:05pm	Left Upper Arm	1-3 hours	3	Taken	I've got swelling and stiffness, redness and warmth to the touch. i was not able to go to work because of the pain
26	12/23/2023	12:00pm	Overall	All Day	3	Not Prescribed	This Pain is driving me crazy, I've got swelling and stiffness, redness and warmth to the touch
27	12/23/2023	12:05pm	Left Upper Arm	1-3 hours	3	Not Prescribed	I've got swelling and stiffness, redness and warmth to the touch. i was not able to go to work because of the pain
28	12/24/2023	12:00pm	Overall	All Day	3	Not Prescribed	This Pain is driving me crazy, I've got swelling and stiffness, redness and warmth to the touch

3.2. Appointments

Sr No	Date	Time	Title	Status	Reason	Comments
01	12/13/2024	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
02	12/21/2023	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
03	12/13/2024	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
04	12/21/2023	12:00pm	Therapy with Olivia Miller	Missed	Transportation	Physiotherapy Session for Arm
05	12/13/2024	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
06	12/21/2023	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
07	12/13/2024	12:00pm	Therapy with Olivia Miller	Missed	Transportation	Physiotherapy Session for Arm
08	12/21/2023	12:00pm	Therapy with Olivia Miller	Missed	Transportation	Physiotherapy Session for Arm
09	12/13/2024	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
10	12/21/2023	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
11	12/13/2024	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
12	12/21/2023	12:00pm	Therapy with Olivia Miller	Rescheduled	Work	Physiotherapy Session for Arm
13	12/13/2024	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
14	12/21/2023	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
15	12/13/2024	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
16	12/21/2023	12:00pm	Therapy with Olivia Miller	Attended	-	Physiotherapy Session for Arm
17	12/13/2024	12:00pm	Therapy with Olivia Miller	Rescheduled	Work	Physiotherapy Session for Arm

3.3. Daily Step Counts

Sr No	Date	Time	No of Steps	Distance	Device
01	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
02	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
03	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
04	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
05	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
06	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
07	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
08	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
09	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
10	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
11	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
12	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
13	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
14	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
15	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
16	12/13/2024	12:00pm	3028	1.3 Miles	Android - SM3022
17	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022
18	12/13/2024	12:00pm	2908	1.3 Miles	Android - SM3022

3.5. Chat with patient

Sr No	Date	Time	User	Message
01	12/13/2024	10:05 AM	Arlene McCoy	Hi, Dr. Williams. I've been experiencing more stiffness in my lower back, especially in the mornings. Is there anything I can do to help with this?
01	12/13/2024	10:05 AM	John Doe	Hi, John. Morning stiffness is common with back pain. Have you been doing the stretching exercises we discussed?
01	12/13/2024	10:05 AM	Arlene McCoy	I've tried, but I feel like I'm not doing them correctly. It doesn't seem to help much.
01	12/13/2024	10:05 AM	John Doe	That's okay, John. I'll send you a video link with some guided stretches you can follow. These should target your lower back more effectively.
01	12/13/2024	10:05 AM	Arlene McCoy	Thank you! Also, the Ibuprofen helps, but I've been feeling some stomach discomfort. Should I be worried?
01	12/13/2024	10:05 AM	John Doe	Stomach discomfort can happen with NSAIDs. Make sure to take them with food or after a meal. If it persists, let me know, and we can consider an alternative.
01	12/13/2024	10:05 AM	Arlene McCoy	Got it. Thanks, Dr. Williams. I'll try the stretches and keep you updated on the medication.
01	12/13/2024	10:05 AM	John Doe	You're welcome, John. Let me know if the stiffness improves, and we'll adjust your care plan as needed.
01	12/13/2024	10:05 AM	Arlene McCoy	Got it. Thanks, Dr. Williams. I'll try the stretches and keep you updated on the medication.
01	12/13/2024	10:05 AM	John Doe	You're welcome, John. Let me know if the stiffness improves, and we'll adjust your care plan as needed.
01	12/13/2024	10:05 AM	Arlene McCoy	Got it. Thanks, Dr. Williams. I'll try the stretches and keep you updated on the medication.
01	12/13/2024	10:05 AM	John Doe	You're welcome, John. Let me know if the stiffness improves, and we'll adjust your care plan as needed.
01	12/13/2024	10:05 AM	Arlene McCoy	Got it. Thanks, Dr. Williams. I'll try the stretches and keep you updated on the medication.
01	12/13/2024	10:05 AM	John Doe	You're welcome, John. Let me know if the stiffness improves, and we'll adjust your care plan as needed.
01	12/13/2024	10:05 AM	Arlene McCoy	Got it. Thanks, Dr. Williams. I'll try the stretches and keep you updated on the medication.
01	12/13/2024	10:05 AM	John Doe	You're welcome, John. Let me know if the stiffness improves, and we'll adjust your care plan as needed.
01	12/13/2024	10:05 AM	Arlene McCoy	Got it. Thanks, Dr. Williams. I'll try the stretches and keep you updated on the medication.
01	12/13/2024	10:05 AM	John Doe	You're welcome, John. Let me know if the stiffness improves, and we'll adjust your care plan as needed.

3.6. Notes Overview

Sr No	Date	Time	Note
01	12/13/2024	12:00pm	<p>Notes Type : Enrollment Notes Taken By : John</p> <p>John Doe, 45, was enrolled in the RTM program today. The Vitrax app was set up on his device, and he was educated on logging pain, tracking steps, and setting reminders. Consent for data sharing was obtained at 2:15 PM. A wearable device (ID: 12345-XYZ) was issued and paired successfully. John reported chronic lower back pain (6/10) and mobility issues. A follow-up consultation is scheduled for December 16, 2024, at 10:00 AM to review progress and adjust the care plan as needed.</p>
02	12/14/2024	12:00pm	<p>Notes Type : Medical Notes, Taken By : John</p> <p>Observations:</p> <ul style="list-style-type: none"> • Pain Levels: <ul style="list-style-type: none"> • Reported consistent pain in the lower back, rated as follows: <ul style="list-style-type: none"> • 8/10 on 24th August • 7/10 on 25th-26th August • 6/10 on 27th-28th August • 5/10 on 29th August • Notable improvement over the past week, indicating a positive response to the new pain management protocol. • Appointments: <ul style="list-style-type: none"> • 22nd August: Physical therapy session focusing on core strengthening exercises. • 28th August: Follow-up consultation, pain levels reviewed, and medication adjusted. • 30th August: Upcoming appointment for progress evaluation and possible adjustment to treatment
03	12/15/2024	12:00pm	<p>Notes Type : Medical Notes, Taken By : John</p> <p>Reported consistent pain in the lower back</p>
04	12/16/2024	12:00pm	<p>Notes Type : Medical Notes, Taken By : John</p> <p>Observations:</p> <ul style="list-style-type: none"> • Pain Levels: <ul style="list-style-type: none"> • Reported consistent pain in the lower back, rated as follows: <ul style="list-style-type: none"> • 8/10 on 24th August • 7/10 on 25th-26th August • 6/10 on 27th-28th August • 5/10 on 29th August • Notable improvement over the past week, indicating a positive response to the new pain management protocol. • Appointments: <ul style="list-style-type: none"> • 22nd August: Physical therapy session focusing on core strengthening exercises. • 28th August: Follow-up consultation, pain levels reviewed, and medication adjusted. • 30th August: Upcoming appointment for progress evaluation and possible adjustment to treatment
05	12/17/2024	12:00pm	<p>Notes Type : Medical Notes, Taken By : Johnv</p> <p>Observations:</p> <ul style="list-style-type: none"> • Pain Levels: <ul style="list-style-type: none"> • Reported consistent pain in the lower back, rated as follows: <ul style="list-style-type: none"> • 8/10 on 24th August • 7/10 on 25th-26th August • 6/10 on 27th-28th August • 5/10 on 29th August • Notable improvement over the past week, indicating a positive response to the new pain management protocol. • Appointments: <ul style="list-style-type: none"> • 22nd August: Physical therapy session focusing on core strengthening exercises. • 28th August: Follow-up consultation, pain levels reviewed, and medication adjusted. • 30th August: Upcoming appointment for progress evaluation and possible adjustment to treatment
06	12/18/2024	12:00pm	<p>Notes Type : Medical Notes, Taken By : John</p> <p>Reported consistent pain in the lower back</p>

