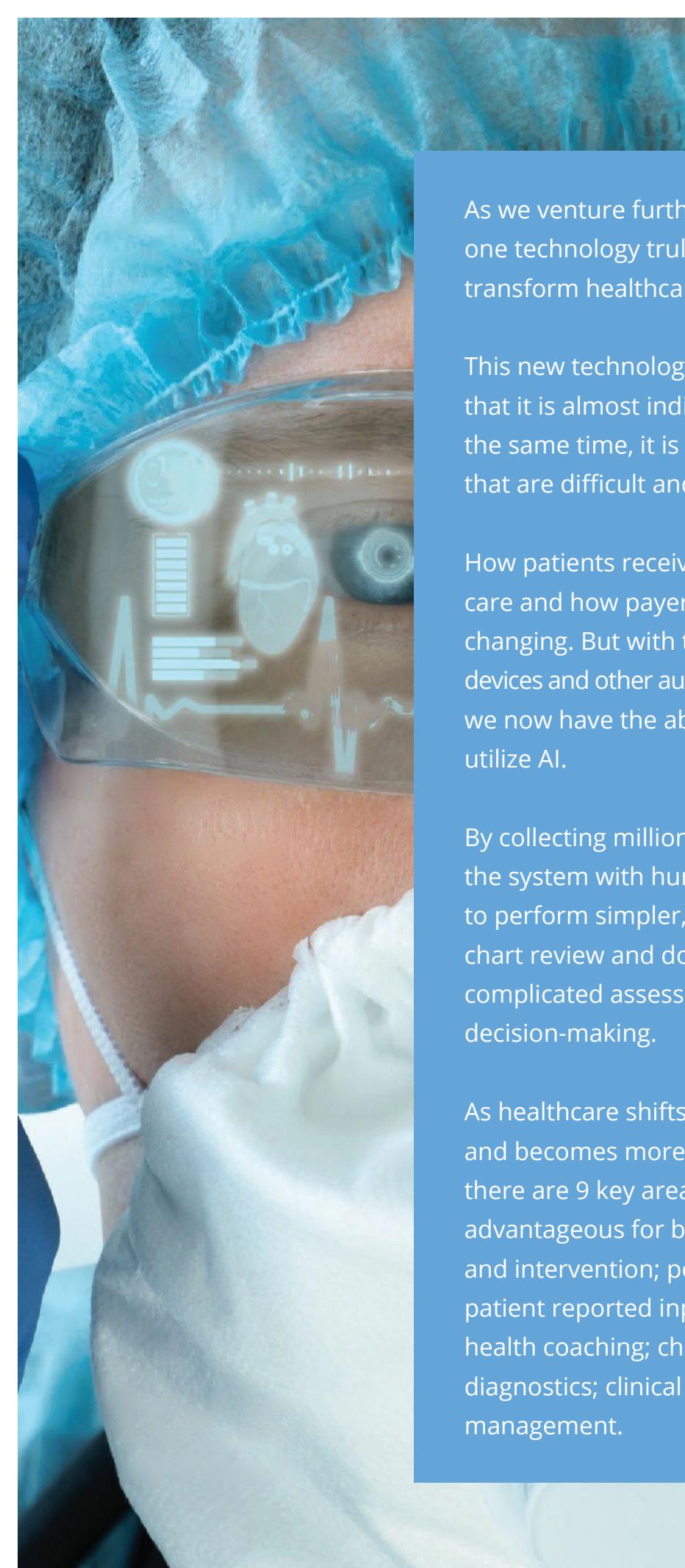




9 Ways

Augmented Intelligence Makes Behavioral Health Work Better





As we venture further into the digital health era, one technology truly has the potential to completely transform healthcare — augmented intelligence.

This new technology has such linguistic competence that it is almost indistinguishable from a human. At the same time, it is capable of fully managing tasks that are difficult and time consuming for humans.

How patients receive care, how providers administer care and how payers determine the cost of care are changing. But with the adoption of telehealth, edge devices and other augmented digital health technologies, we now have the ability to train, refine and better utilize AI.

By collecting millions of data points and refining the system with human feedback, AI can be scaled to perform simpler, time-consuming tasks, such as chart review and documentation, up to much more complicated assessments, diagnosis and clinical decision-making.

As healthcare shifts away from Health IT solutions and becomes more aligned with AI's capabilities, there are 9 key areas in which AI integration can be advantageous for behavioral health: risk prediction and intervention; population health management; patient reported input; IoT device integration; digital health coaching; chart review and documentation; diagnostics; clinical decision-making; and practice management.

01

Risk Prediction & Intervention

With advancements in AI, researchers have found that AI driven modeling can actually outperform traditional intake and discharge diagnosis. This is done by continuously fine-tuning the system through 24-7, real-time patient data collection.

Companies like YOOU Health are using AI modeling to observe more than 5,000,000 days of behavior, prevention and mental health outcomes in 2022. Combined with 4,500,000 hours of clinical oversight and 4,960,000 engagements, the YOOU Health system continues to fine-tune vast amounts of patient data making it faster and easier for providers to assess new patients and get them on the path to a healthier lifestyle.

In order to fully align AI with the goals of patients, providers and payers, humans must train the system by feeding it millions of responses. The more feedback given by patients and providers, the faster the system learns to follow the instructions humans want.

02

Population Health Management

One way AI is breaking new ground for the healthcare industry is predictive analytics, or the ability of an AI system to use real time patient health data in order to make predictions about future health, nudge patients in the right direction and prompt providers to act when necessary.

Using predictive modeling and machine learning techniques, AI has the capability to provide predictive care analysis that can pinpoint inconsistencies in patient health. At the same time, the use of numerous edge devices provides the vast amount of patient data necessary for managing entire groups of patients through risk prevention, clinical decision-making, chart review and documentation and value-based contracts.

The YOOU Health system utilizes AI's unique ability to provide predictive analysis in order to support a fully-integrated population management platform. With AI support, YOOU Health offers augmented digital health tools like digital health coaching and communities that provide patients access to the tools they need for effective care.

This fully-integrated, cloud-based care model is the most effective way for providers to reduce hospitalizations and provide precision-based treatment across the full continuum of care.

03

Patient Reported Input

By letting AI do the heavy lifting – recording and analyzing vast amounts of patient data – healthcare providers are now capable of adopting team-based care models in which patient health becomes a coordinated effort across multiple providers and care settings.

Supported by blockchain security, AI-powered platforms like YOOU Health feature cloud-based information systems that give patients and providers secure access to vital health information at any time, from anywhere.

By using AI, along with augmented digital health technologies, such as edge devices and IoT devices, we can obtain a much deeper understanding of patient behavior and mental state. This information can be used to provide more effective treatment plans that improve the quality of life for both patient and provider.

Innovative companies like YOOU Health are using the most in-depth patient data available via continuous monitoring through mobile devices, wearable devices and other health sensors. Backed by AI-powered analytics, the YOOU Health process works to provide real-time diagnosis and evaluation in conjunction with flexible and effective intervention and prevention options.

04

IoT Device Integration

The future of healthcare will be powered by an invisible, precision system that utilizes AI to seamlessly connect all parties involved in the treatment process, including through the use of IoT devices.

These devices enable the transmission of vital patient health information 24-7, which helps to close care gaps that develop during traditional treatment and enables the use of AI analytics to pinpoint inconsistencies in patient health.

With more in-depth knowledge about a patient's condition, providers can administer cost-effective, precision care while reinforcing positive behavioral change that leads to better outcomes.

05

Digital Health Coaching

A major flaw in our current healthcare model is the episodic, infrequent nature of appointments, check-ups and other treatment we receive. Between visits to the doctor or a specialist, there's not much communication taking place between patients and healthcare providers.

But studies show tools like digital health coaching can help close these glaring gaps in care and reduce the cost of treatment per patient all-together. By connecting patients and providers on a much more regular basis, patients have actually been found to seek less frequent care through office and hospital visits.

06

Chart Review & Documentation

Currently, healthcare providers spend almost 60% of their time inputting patient information and calculating bills – but AI is changing that.

With human-level linguistic capabilities, AI-powered EHR systems can monitor, document and analyze thousands of daily health signals. At the same time, AI can pinpoint inconsistencies or other abnormalities in patient health that may require provider intervention.

Through the use of AI tools like automatically generated clinical notes or augmented summarizations of patient health, healthcare providers can renew their focus on patients and provide more accurate care while ridding themselves of frustrating, time consuming and clinically ineffective EHRs.

07

Diagnostics

AI-powered algorithms have the potential to fundamentally change healthcare by allowing care providers to make more accurate, precise decisions about their patients in real time.

By using AI to aid in diagnostics, providers can reduce unnecessary referrals while simultaneously increasing the continuity of care for patients. AI's super-human ability to monitor and analyze thousands of daily signals allows providers to know more about their patients much sooner than before, which leads to more precise, cost-effective care for providers and better outcomes for patients.

08

Clinical Decision - Making

All of these advancements in AI – from machine learning to reinforcement learning and deep learning – are perfectly positioned to assist healthcare providers thanks to near universal acceptance of electronic health records.

With AI's assistance, a 3rd Generation EHR platform like YOOU Health is now possible. This state-of-the-art, fully-integrated platform uses EHR data and AI technology to monitor and analyze patient health before providing evidence-based, real time clinical suggestions.

By utilizing the capabilities of AI along with vital health information contained in EHRs, healthcare providers can implement a variety of personalized, automated and immediate care models that best suit each individual patient.

09

Practice Management

One of the most freeing aspects of AI integration into healthcare is AI's ability to perform major time consuming tasks, which gives more time back to providers.

Through the use of AI, automation of repetitive clerical tasks, such as eligibility checks, insurance claims, billing and appointment reminders is now possible. Additionally, AI can also aid in practice management by handling prior authorizations, data reporting and analytics.

To provide equitable care, providers must meet the needs of their patients and take into account individual circumstances.

AI-powered solutions like YOOU Health are an effective way to manage mental and behavioral health populations and are set to play a growing role in the healthcare industry by giving patients and providers access to the resources and support they need, when they need it.