tria HEALTH
smarter. medication. management.

sales@triahealth.com
1.888.799.8742

CASE STUDY

2023

ABOUT US

Tria Health takes a whole person approach to chronic condition management.

Since chronic conditions are managed with medications, engagement begins with a pharmacist telehealth consultation to optimize pharmacy utilization and improve health outcomes. Individualized care plans and resources include care coordination, remote monitoring devices, weight management, and pharmacogenomics testing.

CLIENT OVERVIEW

This Tria Health client is a government plan with more than 7,000 members. They had been considering offering PGx for a few years, but were concerned about cost.

Tria's ability to target high risk members made it possible for them to offer this program. The average patient participating in Tria's Personalized Medicine Program has a lot to manage.

- Age: 54
- Medications: 14.5
- Chronic Conditions: 3.4
- Total Conditions: 10.1
- Physicians: 3.3

IMPROVING PATIENT OUTCOMES
WITH PHARMACOGENOMICS

The emerging field of pharmacogenomics (PGx) combines pharmacology with genomics to study how a person's genetics affect their medication response. DNA influences your body's responses and interactions with prescription drugs and over-the-counter medications.

This technology can be used to identify genetic variations which can be used to predict a person's response to specific drugs. Pharmacogenomics has great potential to improve health outcomes and reduce the risk for adverse drug reactions, which is a major cause of emergency room visits and hospitalizations each year. This, in turn, reduces healthcare costs for an employer's health plan.

By leveraging the power of pharmacogenomics, Tria Health's Personalized Medicine Program has been able to provide our clients with improved health outcomes and cost savings.

TARGETED OUTREACH TO HIGH-RISK

Tria Health understands the importance of controlling costs and only offers PGx testing to high-risk individuals. Tria evaluates all available data, including PGx-implicated medications in use, and assigns each individual a score to indicate the relevance and value of PGx testing.

Once the genetic kit is processed, our pharmacists will review the report with the patient and provide outreach to their physicians. The genetic report output is complicated. Having this personalized care is essential to ensuring patients, and their physicians, understand the results and the impact to their medication regimen, now and in the future.

DELIVERING A 3:1 RETURN ON INVESTMENT IN THE FIRST 6 MONTHS!

The results of incorporating Tria Health's personalized medicine program with the client were highly successful. High-risk members were successfully identified and targeted, and adverse drug events (both current and future) were identified.

Adverse drug events (ADEs) are any undesired or unintended responses to a drug that may be harmful or uncomfortable. In the context of pharmacogenomics, ADEs refer to the adverse reactions that may occur due to genetic variations in drug metabolism or drug response.

Furthermore, the client was able to achieve a 3:1 return on investment, with the cost of the testing being offset by the savings from avoiding adverse drug events. Overall, the pharmacogenomics testing was a beneficial addition to the client's healthcare benefits offering.

Eligible Members (Engaged with Tria Health & Appropriate PGx Risk Score)	2.5%
PGx Tests Ordered within the first 6 months	32%
PGx Consultations Conducted within the first 6 months	77%
Adverse Drug Events Avoided Per Consult (Valued at $589 Per ADE)[1]	4
RETURN ON INVESTMENT	**3:1**

TOP CONDITIONS OF FUTURE AVOIDED ADEs:

- Pain
- High Blood Pressure
- High Cholesterol
- Anxiety
- Depression

PATIENT SUCCESS STORY

JUST THE RIGHT STATIN FOR REDUCING CARDIOVASCULAR RISK

This patient had been struggling with statin therapy for years, experiencing severe side effects such as myalgias (muscle pain). Her healthcare providers were unable to explain why she was so prone to statin side effects. As a result, she was not taking any medications to treat her cholesterol, putting her at serious risk for complications. Tria recommended PGx testing for this patient.

Fortunately, the PGx results revealed a genetic variation affecting SLC01B1, which is involved in statin metabolism. Her test results revealed that among the several statins available in market, only one can be metabolized by her body. Her Tria Health pharmacist was able to work with her physician to get a prescription for the exact right medication. After starting this new therapy, the patient reported that she had no side effects and was able to reduce her cardiovascular risk.

1. J Am Pharm Assoc (2003) 2020 May-Jun;60(3):462-469.e4. doi: 10.1016/j.japh.2019.12.004. Epub 2020 Jan 13.