VitalTech® Tackles SDoH to Remove Barriers to Engagement, Isolation and More

On January 7, 2021, the Centers for Medicare & Medicaid Services released a statement to health officials regarding new measures to help states better address Social Determinants of Health (SDoH)[1]. SDOH are conditions in the environments in which people are born, live, learn, work, play, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.[2]

There is increasing awareness that social determinants of health affect physical and mental health outcomes; and now more than ever, technology is being leveraged to help fill in the gaps. VitalTech's leading edge technology aims to helps solve two of the preeminent SDoH issues facing our aging population: engagement and social isolation.

On the engagement front, the VitalCare® app and VitalCare Family app keep seniors connected with their loved ones, even if they cannot be together physically. Family members can be sure their loved one is taking his or her medications and eating the right nutrition. They can also be present with the senior's care team and physician through three-way video calls, to ensure all care plan instructions are understood and implemented.

The VitalCare app also addresses a growing concern in the midst of a pandemic: isolation and loneliness. Prior to the COVID-19 pandemic, nearly 25% of seniors were considered to be socially isolated.[3] Now that number has nearly tripled. According to researchers, socially isolated seniors face higher significantly higher mortality rates. Sadly, loneliness and social isolation are associated with a 64% increase in the risk of dementia, a 32% increase in the risk of stroke, and a 29% increase in the risk of coronary artery disease.[4]





[1] https://www.cdc.gov/socialdeterminants/about.html for CDC information on SDOH, including research on the impact of SDOH on health outcomes and health care costs.
[2] https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health
[3] https://www.cdc.gov/aging/publications/features/lonely-older-adults.html
[4] https://hitconsultant.net/2020/04/09/medicare-population-loneliness-social-isolation-sdoh/#.YAb2HJNKjb8 accessed 04/09/2020

As Social Determinants of Health become more important to longevity and vitality, VitalTech continues its work to expand its technology to address the growing needs of seniors across our country. In the future, watch for emerging modules and capabilities from us, namely integrating a wider array of wearables and environmental data to patients in real-time, diagnostic tools and more.

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