

# MEDICATION ADHERENCE

## Taking medication as prescribed



### The Problem:

Patients with at least 1 chronic condition<sup>1</sup>

2005 **133 MILLION**

2020 **157 MILLION**



patients on average only take half their medication as prescribed<sup>2</sup>.



**50%**

average adherence rate to long-term therapy for chronic illnesses<sup>4</sup>

### The US health costs of medication non-adherence:



**\$100 to \$290 BILLION** per year<sup>3</sup>



**30-50%** of treatment failures<sup>2</sup>

**125,000**



deaths annually<sup>2,3</sup>



**10%** of hospitalizations per year<sup>3</sup>

There is no one answer to keeping patients on treatment, but multi-prong solutions can help.



Reminders



Education



Texts



Family member engagement



1:1 Coaching



Gamification



Assistance with costs



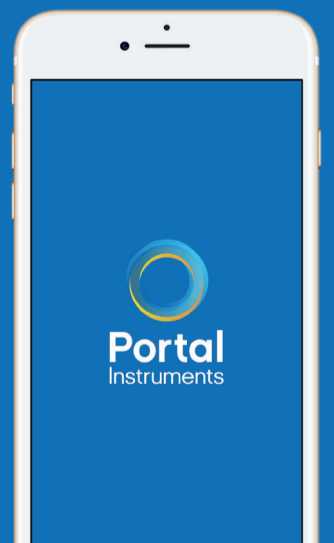
Patient services

### A New Solution from Portal Instruments

Portal's needle free injector is designed to be connected to an app, which tracks when the injection is taken.

The app provides a reminder for the next dose and education materials.

The app can be connected to the physician's office, so they can track and provide coaching, and work with the patient more proactively to determine the effectiveness of the drug and treatment, thus driving adherence.



Portal Instruments' aim is to replace all needles and syringes with a safe, fast, and connected device and to become the standard for modern drug delivery. The device's digital health features empower the patient and care teams to holistically manage their chronic condition.

Learn more. Visit <https://www.portalinstruments.com/blog/>



**Portal Instruments**

1. Partnership to Fight Chronic Disease. "Growing Crisis of Chronic Disease in the US factsheet 81009"

2. FDA.gov. "Why You Need to Take Your Medications as Prescribed or Instructed". <https://www.fda.gov/Drugs/ResourcesForYou/SpecialFeatures/ucm485545.htm>

3. Viswanathan, M. "Interventions to Improve Adherence to Self-administered Medications for Chronic Diseases in the United States, A Systematic Review". Ann Intern Med. 2012 Dec 4;157(11):785-95

4 (WHO) World Health Organization. Adherence to long-term therapies: evidence for action. 2003.