

User Guide for the AllSpire Health Partners Digital Health Formulary

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Welcome

The Organization for the Review of Health and Care Applications (ORCHA) is the world's leading provider of digital health assessment and distribution products. ORCHA's suite of products includes every core process needed to drive the adoption of high-quality digital health by healthcare professionals and to deliver digital health safely to your patients and service users.

Your AllSpire Health Partners Digital Health Formulary has been commissioned by AllSpire Health Partners and your health system to enable you to access and recommend quality-assured health apps and digital health products quickly and safely. Safe health apps and digital health products can empower your patients and the people you support to improve and self-manage their health.

The Digital Health Formulary provides the guidance, training, and governance needed to recommend digital health technologies to those who need them.

Your Formulary only features the digital health products selected by your organization, curated from the more than 9,300 digital health products continuously assessed and reassessed by ORCHA against 400+ assessment criteria.





Accessing the AllSpire Health Partners ORCHA Digital Health Formulary

The Digital Health Formulary has been integrated directly into EPIC, making it easy for you to recommend approved apps and solutions.

Who Can Recommend Apps?

The ORCHA Digital Health Formulary is currently available to any clinician with a specialty ID related to psychiatry or behavioral health

- Psychiatrists (MD, DO)
- Psychologists (PsyD)
- Counselors
- Social Workers
- Embedded behavioral health providers (e.g., working in family medicine)

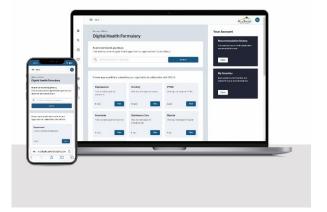
The Formulary dashboard is your starting point to:

- Find quality-checked health apps
- Access app categories for specific health areas, curated by your organization
- Recommend health apps to your patients and the people you support
- Track the apps you recommend
- Create a collection of your favorite apps

The key features to be familiar with are:

- Categories
- Search
- App cards

- App details pages
- History
- Favorites





Navigating the Digital Health Formulary

Launching ORCHA from EPIC

Accessing the ORCHA Formulary is dependent on the type of encounter:

- In a **behavioral health encounter (clinical psych visit or video visit)**, the **ORCHA button** is located in the **Wrap-Up tab**, where it will be added to the encounter side bar
- In a telephone encounter, access ORCHA via More Activities > ORCHA (top-right dropdown), where it will launch in a side bar window.
 - **Tip:** If accessing via the dropdown menu, pin the ORCHA button to your favorites for quicker access in future encounters. Once pinned, it will open in the main window.

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Figure 1: Wrap up tab

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Figure 2: Telephone encounter



Navigating the Formulary

Once ORCHA launches in the sidebar or main window, you will see 2 tabs, **Patient History** and **Digital Health Formulary.**

- **Patient History**: Allows you to view previously recommended apps for the patient (e.g., sent, downloaded).
- **Digital Health Formulary**: Allows you to browse and select apps based on patient needs (e.g., depression, ADHD).

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Figure 3: Patient History

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		25 apps View	532 apps View
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	8	recommend and download.	Pathway has been designed to help you identify the right app to
Psychotherapy Nursing Home Visit Charges	8		

Figure 4: Digital Health Formulary (needs to be updated with search bar)



Recommending an App

In the **Digital Health Formulary tab**, select the app category you are interested in recommending (e.g., depression) or type in the name of the app or topic area in the search bar.

Once you have found a health app or digital health product you want to recommend, click the **recommend button** on the small app card (see image), enabling you to quickly send a recommendation via email or text.

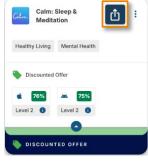


Figure 5: App Card

end Recommendation	>
	the patient's health records to see which (if any) digital solution may have about their current digital health solution usage in order to form a complete
Discounted Offer Enjoy an exclusive discount on premium features to k	and control of the second states in a state
enjoy an exclusive discount on premium features to k	
Calm: Sleep & Meditation	Add to favorites ♡
j ios android	Discounted Offer
Send via SMS Send via Email	
irst Name:	Last Name:
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Figure 6: Recommendation form

Patient History	Digital Health Formulary			View Exception	es EPIC (Staging)
Patient History	Digital Health Formulary			100 101010	n on order
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Search recommende	cton history by app name, email, or ph	one number Q			
Referrer	Email / SMS	1 App Name	Send Date	Downloaded	Action
Robert Fox	robert, fox@lute.org	Headspace: Mindful Meditation	27/03/2025		Actions
Amy Smith	robfox007@gmail.com	Smiling Mind	09/04/2025		Actions
				1-2 of 2	< >

Figure 7: Patient History

This will then bring up a form with the patient's email address or cell phone number auto populated. Then click **Send recommendation.**

A confirmation will appear, and the app will be added to the **Patient History tab**. The confirmation includes what was ordered, when it was sent, and if the patient opened the email to access the app (download).



Documentation in EPIC (after Recommendation)

Automatic Note Generation

A progress note is automatically added to the **Encounter**, viewable in the Notes Tab or Encounters Tab. This contains the name of the app, the method of delivery (SMS or Email), and the Time/Date sent. The information also indicates if the patient 'downloaded' the app.

Note: Download in this case means if the patient clicked on the link to access the app, and not actually downloading the app.

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05/01/2025 05/01/2025 9:08 AM	Progress Notes Clinical	Counselor Signed Specialty: Psychiatry	05/27/2025 🌢 Office Visit Cardiology - Sheka, K
Years Ago		Encounter Date: 5/1/2025	Amy E Smith, LPC (Courselor) • Psychiatry • Encounter Date: 5/1/2025 • Signed
07/20/2022 12/06/2022 4:51 PM	Progress Notes Office Vi	Patient was recommended app Calm: Sleep &	6 Months Ago Patient was recommended app Calm: Sleep & Meditation. Versions:
07/25/2022 07/20/2022 2:27 PM	Progress Notes Procedu	Patient was recommended app Calm: Sleep & The Additation. Versions: Android 5.10 iOS 5.10.2 . SMS Sent.	09/18/2024 & Office Visit Internal Med - Brooks, J Android 5.10 iOS 5.10.2 . SMS Sent.
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01/24/2022 01/11/2022 10:19 AM	Progress Notes Procedu	1101 10	2 Years Ago
01/11/2022 01/11/2022 9:56 AM	Progress Notes Office Vi	Additional Documentation Encounter Info: Billing Info, History, Allergies, Detailed Report	03/29/2023 D Procedure Visit Sieep Med - Falsone, J
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Figure 8: Progress note in Notes Tab



Managing Recommendations

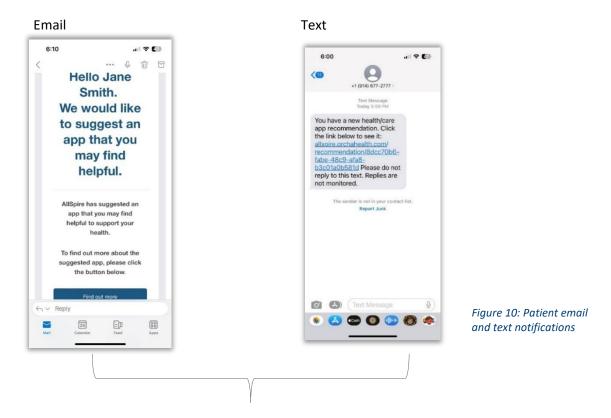
In the **Patient History tab**, information includes what app was ordered and when it was sent. You can re-send the recommendation if the email sent was not 'downloaded' (downloaded in this case refers to the patient clicking on the link to access the app, not downloading the app itself).



Patient Notifications

The patient will receive a notification via email or text that they have been recommended a product. See sample images below.

The email will be sent from hello@orchahealth.com; the text will be sent from +1 (914) 677-2777



After opening the email or text, the patient will select "find out more" or click on the link, which will bring up the following information about the app/product being recommended.

Recommendation		
		p now.
Health		
ession Mental Wellbeing Stress		
remium features to kickstart your journey towar	ds better health.	

Figure 11: App Details for Patient



If the patient selects "Show More", the following will appear

Downland Show Less	
Description:	
What is Be Mindful?	
Be Mindfull is an accessible digital treatment that enables participants to enjoy reductions in their levels of anxiety, depression, streas and for improved mential weldering. If delivers all the elements of Mindfulness-Based Copythy Therapy (MBCT) and was developed with the approval of Jon Adata Zim and Professor Mark Williams). We enjoint our MICC.	
Who can use Be Mindful?	
Be Mindful is suitable for all adults.	
How does Be Mindful work?	
The electrice of the program is for participants to improve their health outsionnaire scores for Ankiety (GAD-7), Depression (HVQ-9) and Stress (HSS). This is achieved through the practice of mindfulness and cognitive approaches learnt throughout the program.	
How was Be Mindful made?	
Be Mindful was made with the help of medical experts and mindfulness teachers that created mindfulness based cognitive therapy (MBCT).	
How much is Be Mindful?	
You will need to pay to use Be Mindful unless your healthcare provider has told you they will provide you with free access to this app.	
Clinical Features:	
Educational Mental health support Mindfulness	

Figure 12: App Description for patient

When the patient selects "download" from the image above, it will bring up a disclaimer popup (below), and they will be sent to the dedicated landing page for the app where they can sign up, create an account, and download the app.

Your lealt	Digital Health Recommendation
Tour neat	×
App su	Important Information
	Please read this to continue
62	
(\cdot)	
(j)	Medical/Professional Care and Advice
	You should not use the content on our website instead of getting professional medical care from a qualified doctor or other
Conditi	suitable healthcare professional. We will refer to everyone who cares for you, or is qualified to offer health advice, as
Condid	"Professionals" throughout this document.
Mental He	You should always check with your Professional if you:
Menta P	Have any concerns about your health
_	Have any concerns about your nearn Use or take any treatments
	Ose of using ordering and the second se
	Plan to take any new treatments
🗞 D	Want to change your lifestyle, such as having a baby, changing what you eat, exercising or losing weight
Enjoy a	
	By checking this box, I state that I have read and understood the information above.
	Go to download app
Downloa	Go to download app
Downide	

Figure 13: Disclaimer



Additional Info

Resource Page

Included with your Formulary is a Resource Page designed to:

- Look Book pages, providing detailed information about each app
- Helpful videos about the apps
- General information about the Formulary

Use this link to access the Resource Page, Lehigh Valley Health Network - AllSpire Resource Hub

App Categories and Search Bar

You will see that the Formulary dashboard features a selection of boxes, app categories for specific health areas.

You can access and recommend all the quality-assured health apps and digital health products your organization has included in your Formulary by using the **search bar**. You can also do this by clicking the **magnifying glass** icon in the menu on the right-hand side (outlined below). Simply search for a health category or condition area, for example, anxiety, depression, or mindfulness, or a specific app name.

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		Q Search condition or knyw	ient
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Figure 14: Search bar

All the categories and the health apps within them have been curated and approved by your organization for you to recommend to your patients and the people you support. They are continuously assessed by ORCHA to ensure they meet the most up-to-date digital health standards.

Please note: To recommend a health app means to send that app, with accompanying information and links to download for iOS and Android phones, to your patient or service user. The recommendation is sent securely by email or text message from a sender ID chosen by your organization.



Favorite apps

You have the ability to "Favorite" apps you recommend most for quick access. To favorite an app, click the three dots button on the top right corner of the app card, then the heart. This will be helpful as more apps and products are added to the Formulary.

View Favorites LeHigh Valley Health Network	View Favorites LeHigh Valley Health Netwo
tient History Digital Health Formulary	Patient History Digital Health Formulary
Formulary / Anxiety	1 favorite
Anxiety	Calm: Sleep & 1
2 apps	Weitadon
Calm: Sleep & Meditation	Healthy Living Mental Health
> Recommend app	Discounted Offer
Healthy Liv App details	ć 76% 🛥 75%
Discou 📿 Add to favorites	Level 2 O Level 2 O
tevel 2 0 Level 2 0	DISCOUNTED OFFER

Figure 15: Adding an app to your Favorites

App Cards

After selecting a category or using the search bar, you will see app cards, similar to the image below.



Figure 16: Sample app cards

Each app card gives you a summary of the condition areas the app is suitable for, and a percentage score of how it performed in its quality assessments (a score above 65% meets quality thresholds). It also includes the health conditions for which the app is suitable and the cost of using the app.

By clicking on the arrow below the percentage scores, you can see screenshots of the app.



By clicking on the options button with the three dots, you can click on:

- **Recommend app:** to send an email or text to recommend the app
- App details: to view a description and more information about the app
- **Get link**: to copy the URL of that app page
- Add to favorites: to add the app to your favorites list
- **Download app:** patients can access the app with the embedded discount, via a dedicated landing page, or through the Apple App Store or Google Play Store

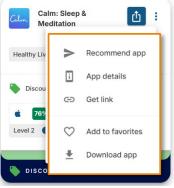


Figure 17: Quick actions using the Options Button

App Details Page

By clicking on the app card, or by clicking **App details** from the options button with the three dots, you can view a description of the app and more information about it. This looks similar to the image below.

	Realth Network
Calm: Sleep & Meditation	
Developer: Calm.com	
🗖 🧉 Apple iOS 🛛 🛣 Android	Discounted Offer
Enjoy an exclusive discount on premium features to kickstart your journey towards better health.	
	Add to favorites 交

Figure 18: App details page, clinician view



App pages contain the full assessment details for that app, to make it easy for you to find all the important information about it. Details include:

- App descriptions, which are clear, concise, and reliable
- Condition areas and clinical features, showing which health conditions the app is suitable for, and which key features it provides
- Digital health product assessment frameworks that the version of the app has passed, such as the Digital Health Assessment Framework (DHAF)
- A breakdown of the app's performance against key assessment criteria, such as data privacy, professional assurance, and usability and accessibility

DHAF		
Score Summary:		
	It was assessed as a Level 2 App. These apps are focused on general health. They may o	collect data and they may
DHAF 76%	have a number of more advanced features. Where they collect data we assess their data compliance with relevant standards. Because they are health focused we also assess the Professional Assurance as well as the Usability and Accessibility domains.	use policies and
	have a number of more advanced features. Where they collect data we assess their data compliance with relevant standards. Because they are health focused we also assess the	use policies and
Calefordia C	have a number of more advanced features. Where they collect data we assess their data compliance with relevant standards. Because they are health focused we also assess the	use policies and ir compliance in the

Figure 19: ORCHA Assessment



Alternate Recommendations Options

You can also send a recommendation from the options button on the small app card:

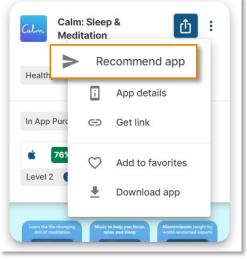


Figure 20: Alt recommendation option

The app can also be recommended via the buttons at the top and bottom of the full app page.

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0		** 2017 App of the Year ** — Apple	
0		** Happiest App in the World ** — Center for Humane Technology	
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9	Contact us	National accreditations FAQ's U ORCHA	

Figure 21: Alt recommendation options



Thank You

We hope this AllSpire Health Partners Digital Health Formulary user guide has been helpful. If you have any questions about the Digital Health Formulary or if you would like to request training or suggest an app category for your organization's Formulary, please email <u>digitalhealth@allspire.org</u>.

If you have any general enquiries, please feel free to contact us at: <u>digitalhealth@allspire.org</u>.

About AllSpire Health Partners

AllSpire Health Partners is a collaborative think tank and incubator created by a group of independent health systems with the purpose of driving clinical excellence, improving affordability of care, and enhancing economic stability. Your health system is a member of AllSpire Health Partners.

The Executive Leadership team at your organization and AllSpire Health Partners combined efforts to create a Digital Health Formulary where clinicians are able to recommend a selection of digital and mobile health applications focused on mental health and related issues to better treat and engage your patient population.

A Behavioral Health Work Group, comprised of leaders and clinicians within your organization meticulously reviewed and vetted the applications included in the formulary for efficacy, quality, safety, ease of use, and that best align with your clinical workflow with the help of ORCHA (Organization for the Review of Care and Health Applications).

About ORCHA

The Organization for the Review of Care and Health Apps (ORCHA) is the world's leading independent digital health evaluation and distribution organization.

We help healthcare organizations to deliver the right digital health apps, to the right people, at the right time.

Our unique insight, assessment, and implementation services are improving the health of the population, the health of our health systems, and the health of the health app ecosystem.

ORCHA conducts assessments for government organizations across the Americas, including the ATA and ACP, as well as in Canada, Europe, the Middle East, and Australia.

In the UK, ORCHA conducts assessments for NHS Digital and NHS providers in 70% of regions.