



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

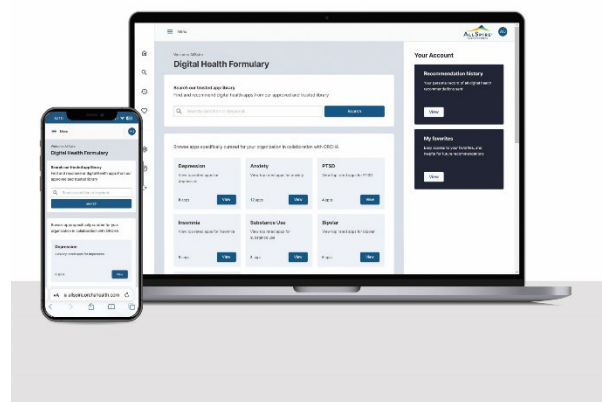
- Psychiatrists (MD, DO)
- Psychologists (PsyD)
- Counselors
- Social Workers
- Embedded behavioral health providers (e.g., working in family medicine)

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.

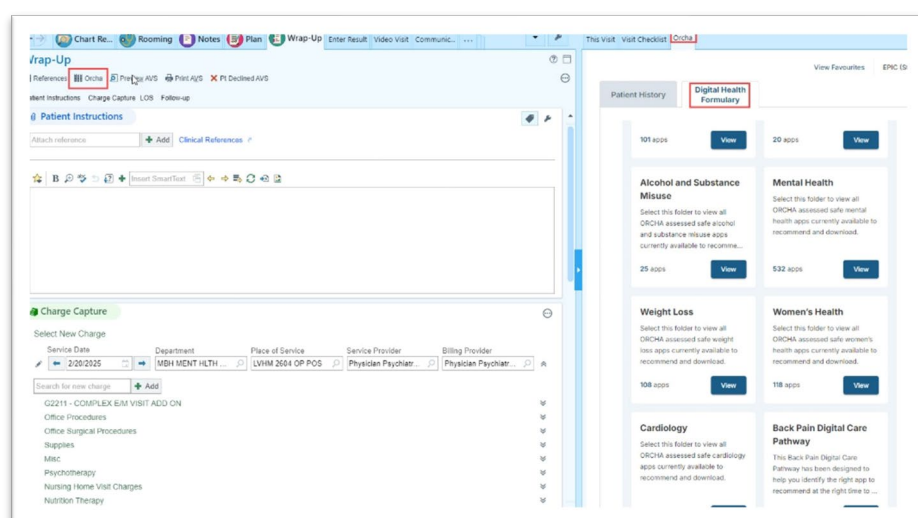


Figure 1: Wrap up tab

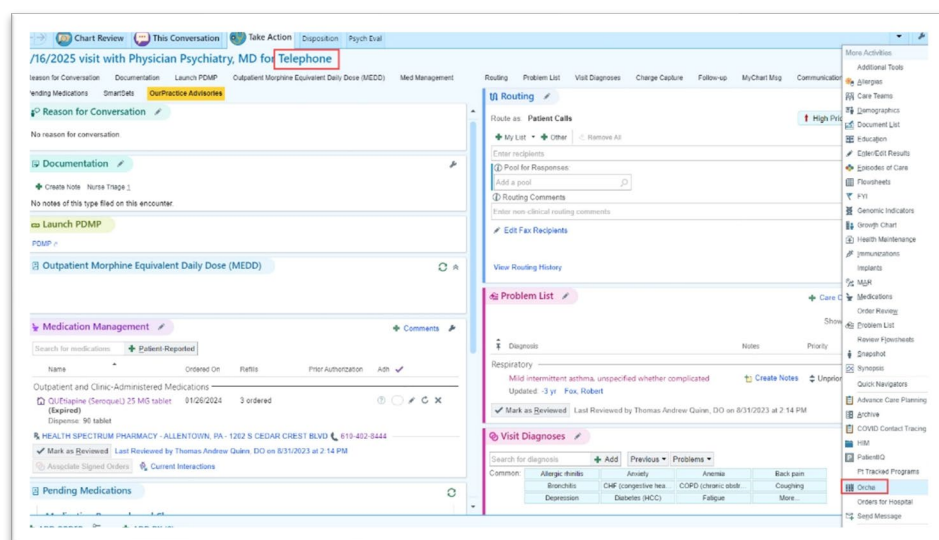


Figure 2: Telephone encounter

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).

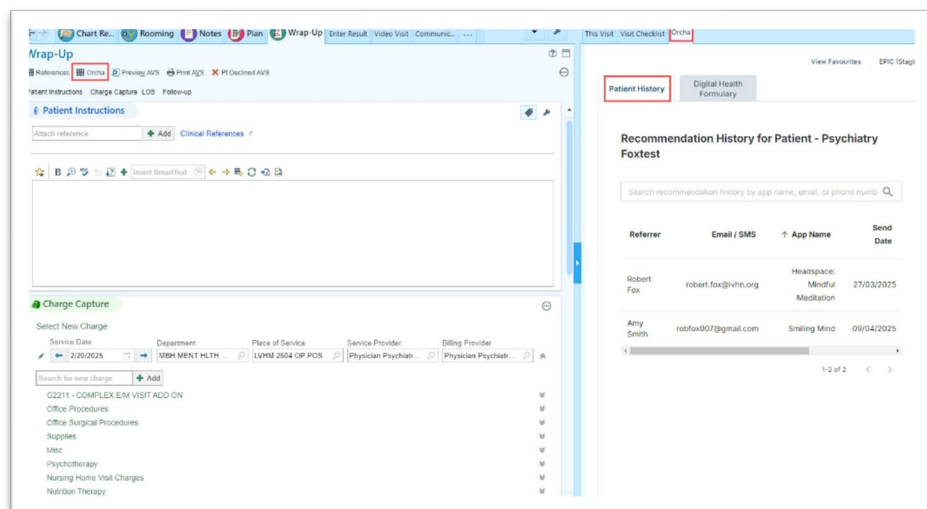


Figure 3: Patient History

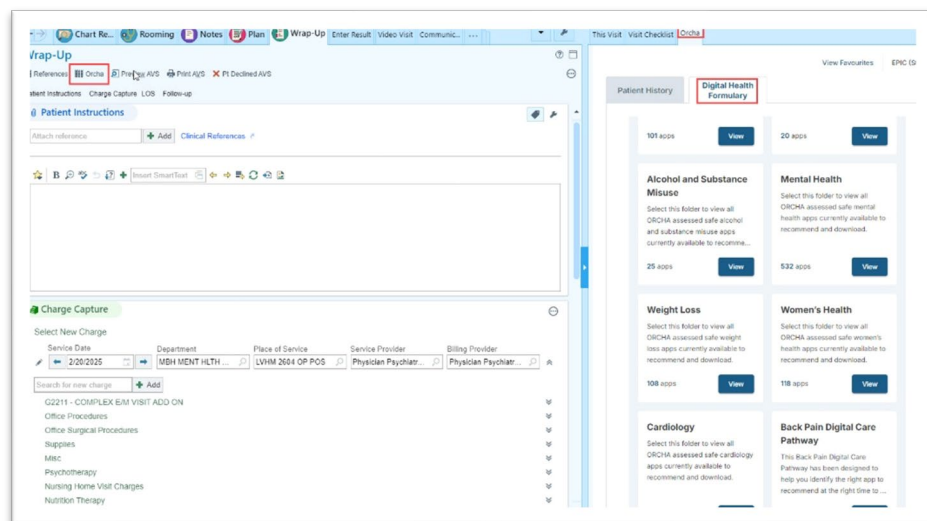


Figure 4: Digital Health Formulary (needs to be updated with search bar)

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.

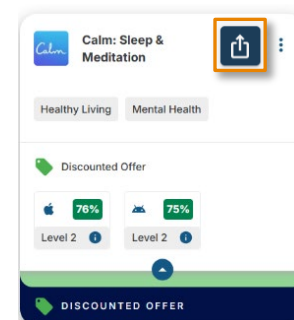


Figure 5: App Card

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

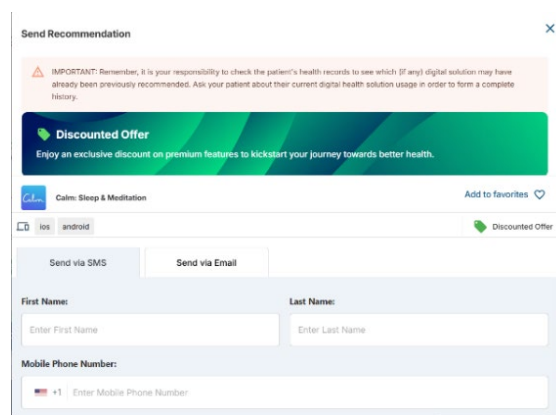
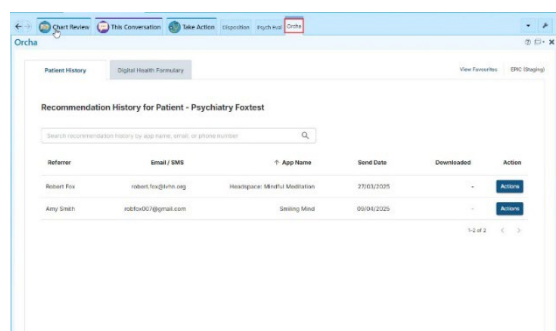


Figure 6: Recommendation form

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).



Referrer	Email / SMS	App Name	Send Date	Downloaded	Action
Robert Fox	robert.fox@fox.com	Headspace: Mindful Meditation	2/16/2025	+	Actions
Amy Smith	amy.smith@gmail.com	Seeking Mind	02/04/2025	-	Actions

Figure 7: Patient History

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.

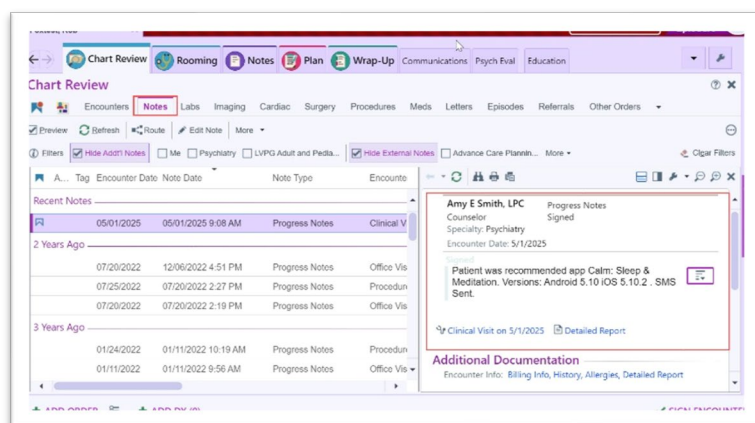


Figure 8: Progress note in Notes Tab

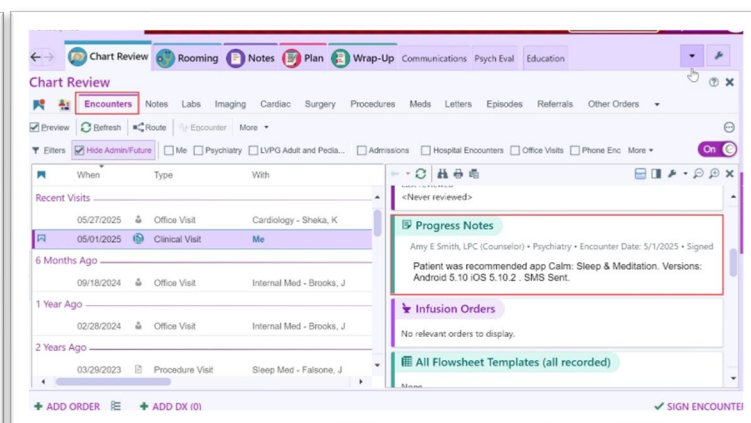


Figure 9: Progress note in Encounter Tab

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@orchahhealth.com; the text will be sent from +1 (914) 677-2777

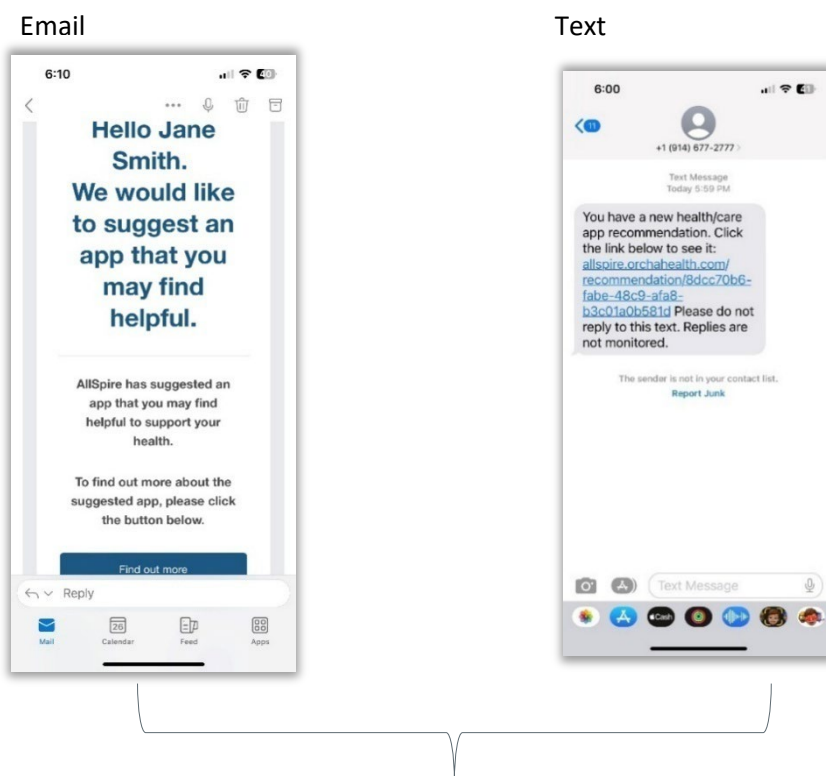


Figure 10: Patient email and text notifications

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.

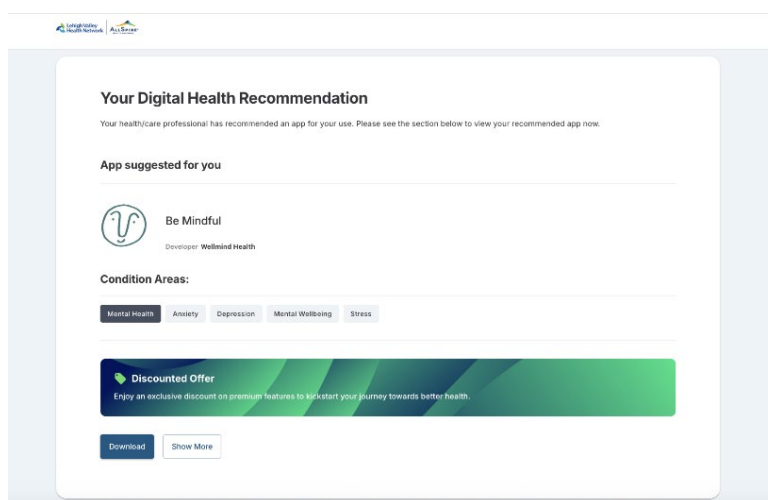


Figure 11: App Details for Patient

If the patient selects “Show More”, the following will appear

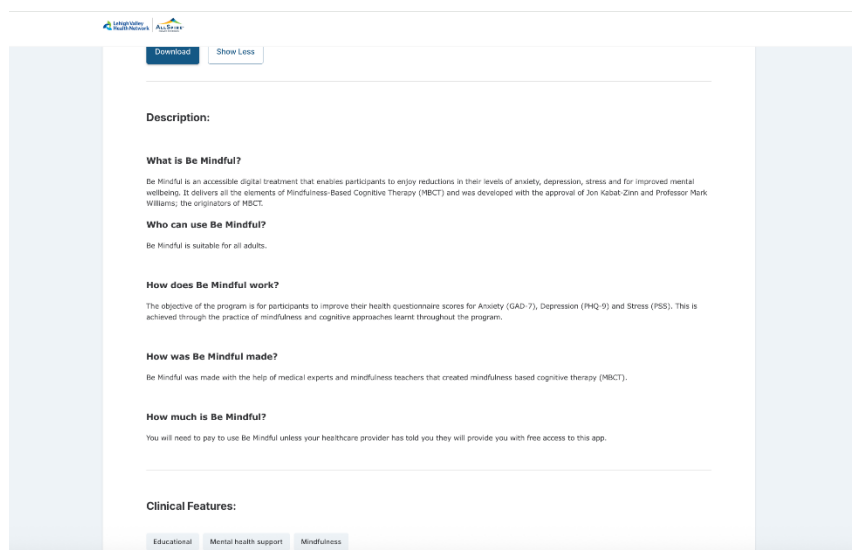


Figure 12: App Description for patient

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.

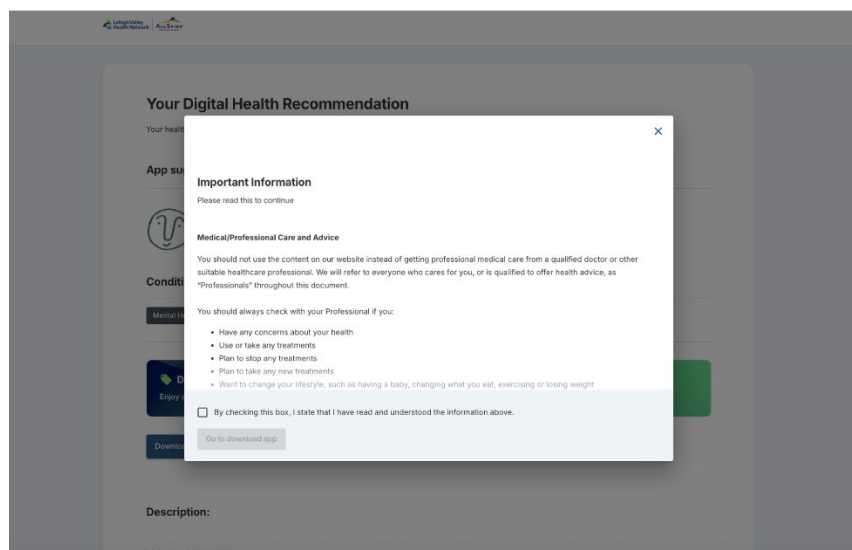


Figure 13: Disclaimer

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.

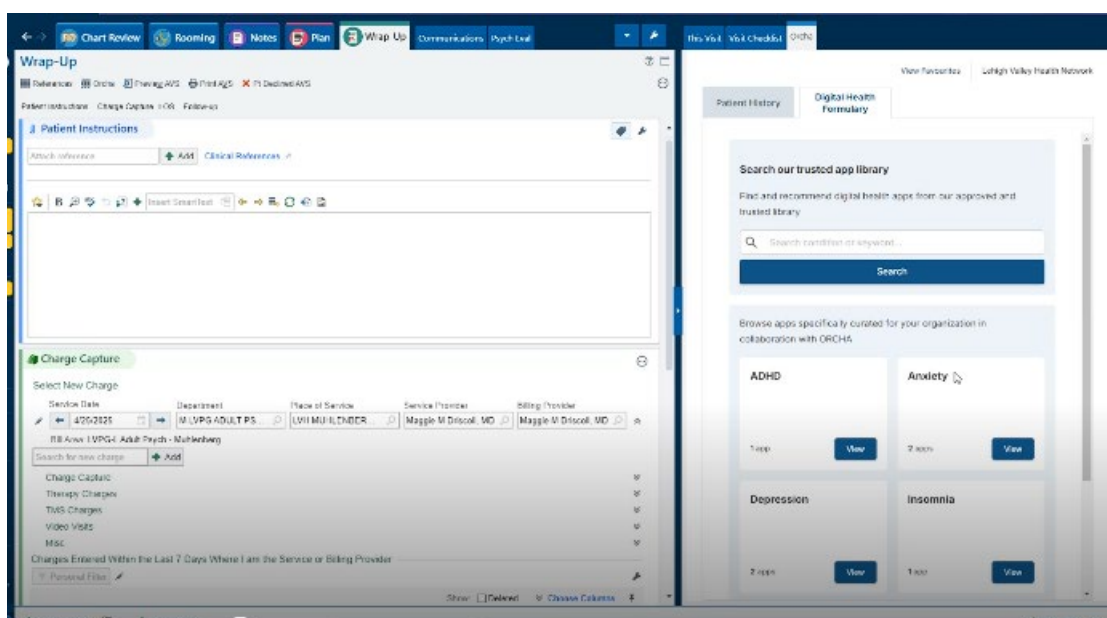


Figure 14: Search bar

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.

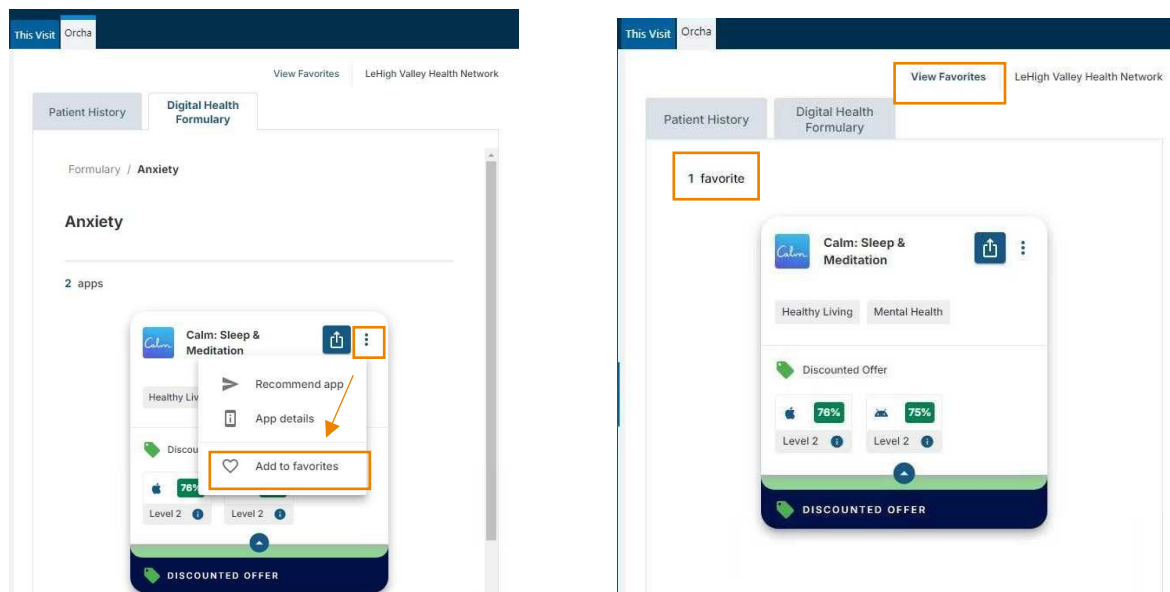


Figure 15: Adding an app to your Favorites

App Cards

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

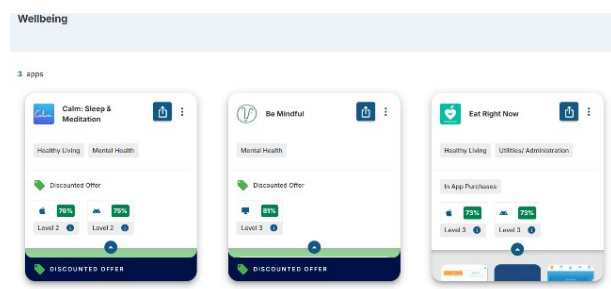


Figure 16: Sample app cards

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

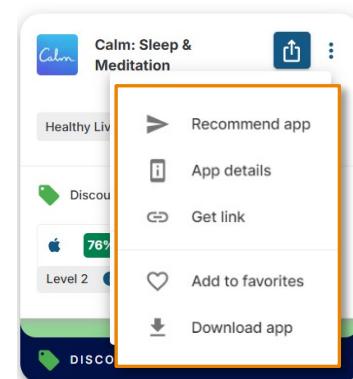


Figure 17: Quick actions using the Options Button

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.

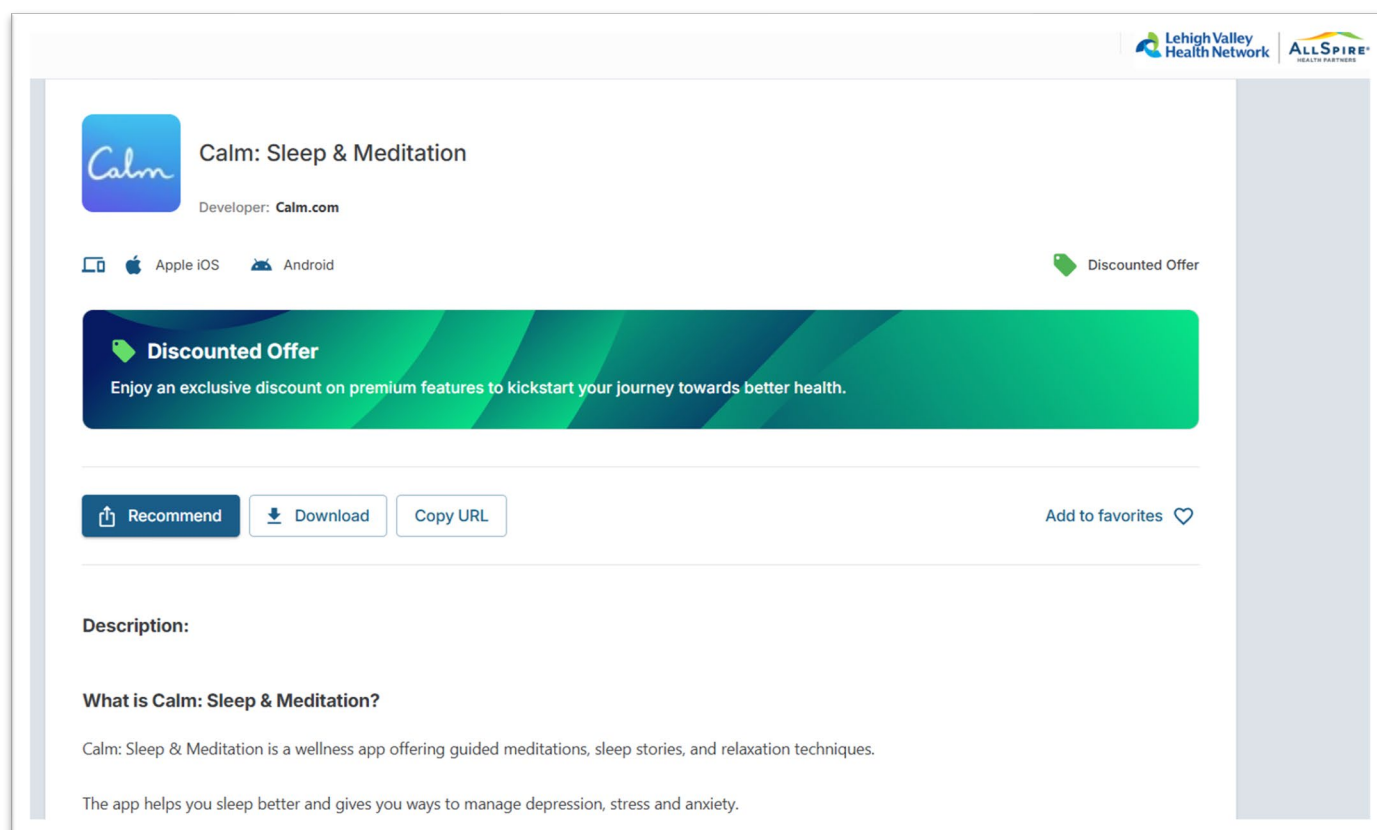


Figure 18: App details page, clinician view

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

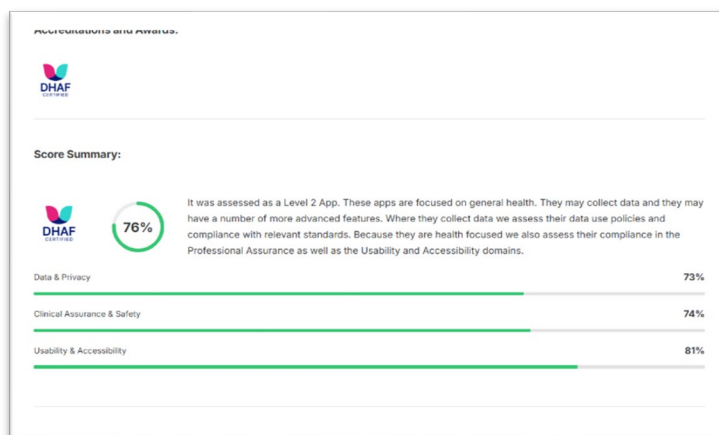


Figure 19: ORCHA Assessment

Alternate Recommendations Options

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

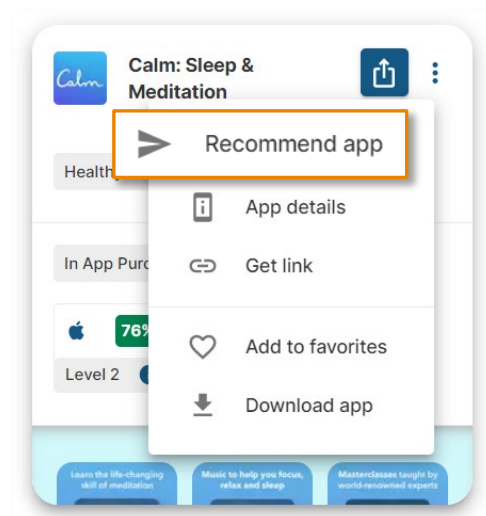


Figure 20: Alt recommendation option

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

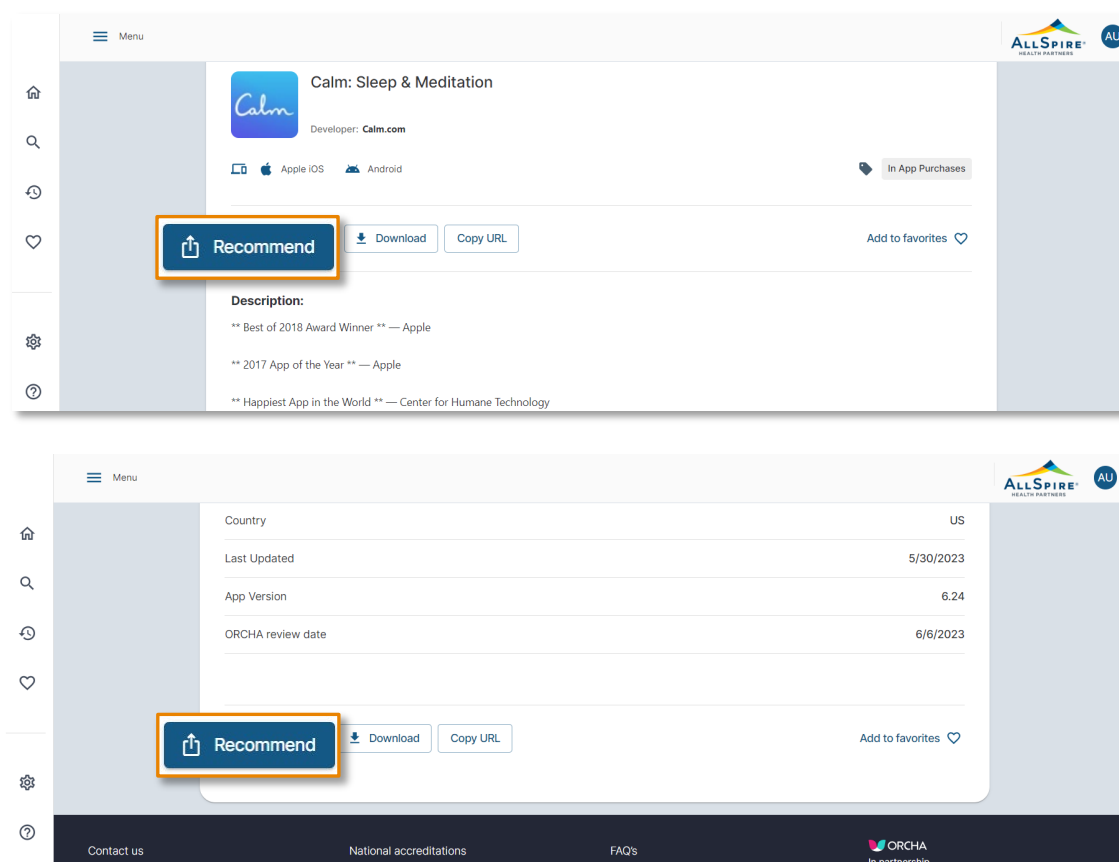


Figure 21: Alt recommendation options

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 digitalhealth@allspire.org.

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

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.