

BETWEEN THE VISITS

—• *High Tech. Human Touch. Connected Care.* —•

Using technology and human connection to help people stay healthier, mind and body.

Goal: To develop practical approaches that use technology and human connection to bring the right support to people, when and where they need it.

1 TECH + HUMAN HYBRID APPROACHES TO REDUCE CANCER RISK



Chronic conditions like hypertension and diabetes can increase cancer risk. Innovative touch points like community pharmacies could help bridge care gaps.



AT-HOME HEALTH MONITORING

Track blood pressure, blood sugar, weight, and other health data.



DATA FEEDBACK TO CARE TEAM

Information is securely shared so care teams can monitor and respond.



MEDICATION & BEHAVIORAL SUPPORT

Pharmacists and community health workers provide education, support, and encouragement.

? THE QUESTION:

How can we combine technology and human support to help people manage chronic conditions and promote cancer prevention and control?

2 USING WEARABLES TO IMPROVE SYMPTOM MONITORING DURING CANCER TREATMENT

Many symptoms happen between clinic visits. Wearables can provide important information about everyday health—like sleep—that may help us identify and respond to problems earlier.



SMART RING COLLECTS INFORMATION → EVERYDAY HEALTH SIGNALS (e.g., sleep) → CARE TEAMS SEE WHAT MATTERS



INCREASES PATIENT AWARENESS



MOTIVATES BEHAVIOR CHANGE

? THE QUESTION:

Can wearable information complement what patients tell us and help us provide better support during cancer treatment?

3 FLEXIBLE STRESS MANAGEMENT SUPPORT FOR CANCER SURVIVORS

Supportive care is not one size fits all. We develop and test flexible delivery formats of coping programs that decrease anxiety and depressive symptoms and improve quality of life.



Live, interactive programs you can join from home and connect with others and a trained facilitator.

SELF-DIRECTED MOBILE APP



On-demand tools and skills you can use on your own time, at your own pace.

? THE QUESTION:

How can we deliver effective stress management programs in ways that fit people's preferences, schedules, and lives?

SUMMARY



TECH + HUMAN HYBRID APPROACHES

Address chronic conditions to reduce cancer risk.



USING WEARABLES

Improve symptom monitoring and response during cancer treatment.



FLEXIBLE STRESS MANAGEMENT SUPPORT

Provide options that fit cancer survivors' lives.



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AI assisted in the creation of this infographic.