



Ulcerative Colitis

Sidekick's DTx product
(SK-311)

About the treatment

SK-311 is a patient support program for people with Ulcerative Colitis (UC). The program focuses on providing users with educational information about their disease as well as consistent support throughout their journey.

At times, the symptoms of Ulcerative Colitis are misunderstood. The implications of the disease are far reaching and can affect numerous areas of daily life, including sleep, stress, and mental health. Therefore, people living with Ulcerative Colitis can often feel like their needs are not sufficiently addressed and deal with feelings of isolation and frustration as a result.

The Ulcerative Colitis digital therapeutics program from Sidekick Health employs compassion and understanding to encourage users to implement positive behavioral changes. By addressing important lifestyle factors, the program can help patients with Ulcerative Colitis improve their overall quality of life.

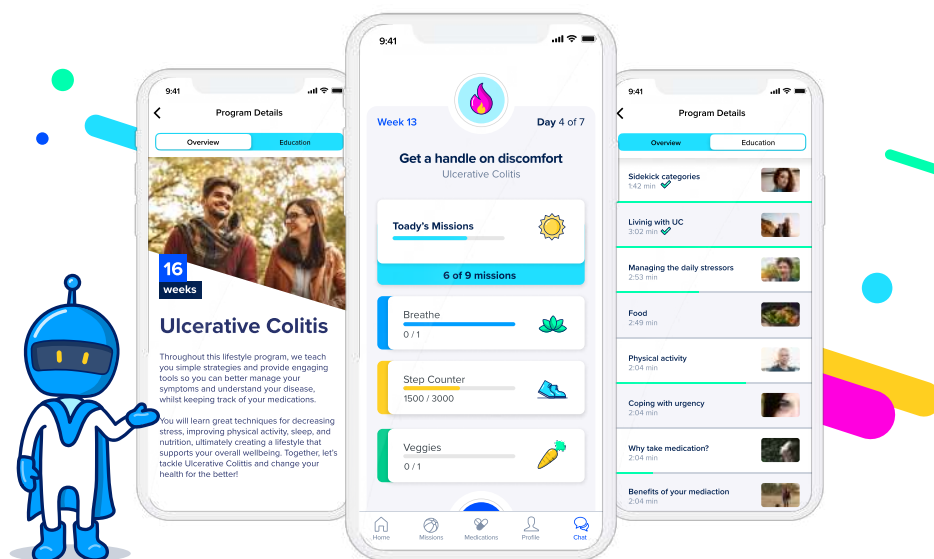


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IBD are complex diseases and there is currently no cure. However, modern drugs are able to dramatically improve symptoms, decrease complications and change disease outcomes. Beyond that, the patients may play a key role in further improving their quality of life. Particularly, by acting on three pillars which are stress, physical activity and alimentation, they can further improve the control of the disease and decrease their medication need. The sidekick health IBD program may help them to become actors in their own disease management.

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Dr. Edouard LOUIS, MD, PhD - HCP



Clinical objectives

The right knowledge and care is vital for the effective management of Ulcerative Colitis.

The Ulcerative Colitis program encourages users to implement behavior change techniques so that their ability to understand and manage their condition increases.

Through positive behavioral techniques, users can create daily habits for self-care and identify and tame their Ulcerative Colitis triggers. The features of the program, such as medication and treatment reminders, empower users to gain control of their symptoms and deal with their disease better.

Many areas of life are affected because of Ulcerative Colitis and the program pays attention to key lifestyle factors including stress, sleep, mental health, physical activity, and nutrition. The unpredictable nature of the disease can have a significant impact on the quality of life of patients. Users are therefore encouraged to practice cognitive stress management techniques through thought restructuring, implement good sleep practices, and develop coping skills to deal with difficult situations.

Physical activity and nutrition are also important pillars of the program as users can log their diet and receive coach feedback and instructions. When combined with in-app workouts and physical activity with goal-setting, users are able to identify and implement healthy daily habits.



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It is really easy to use and because it can be tailored to the user, the whole experience is very personal. Because of the regular tips and nudges it becomes much easier for you to pay attention to your lifestyle and to avoid behaviors that can make your condition worse.

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Jaana Heikkinen - patient