

## WeHealth™ Digital Medicine and Ad Scientiam sign partnership in cardiac rehabilitation

**Paris, France, 30 October, 2019 - WeHealth™ Digital Medicine, Servier Group's eHealth division, and Ad Scientiam, a pioneering start-up developing connected medical devices and digital biomarkers, have announced their partnership to develop and market CARDICARE™, a mobile health app to support patients in a cardiac rehabilitation program. The partnership was presented at the 2019 European Society of Cardiology (ESC) conference held in Paris this September.**

Ischemic heart disease (mainly myocardial infarction) was responsible for approximately 9.5 million deaths in 2016<sup>1</sup>. Regular physical activity has been shown to be associated with improved physical capabilities and decreased cardiovascular mortality<sup>2</sup>. Despite the well-documented benefits of physical activity in patients with myocardial infarction, cardiac rehabilitation is underutilized in most countries (in France, a recent study showed a participation rate of 22.7%<sup>3</sup>) and patients who complete such programs have difficulty following the exercise recommendations of their cardiologist following the rehabilitation treatment, due to a lack of support.

To address this challenge, WeHealth™ Digital Medicine is partnering with Ad Scientiam to develop and market CARDICARE™, a mobile health app that aims to provide personalized physical-activity programs to patients requiring cardiac rehabilitation.

*"Today the care heart-disease patients receive is affected by the limited capacity of rehabilitation centres. This situation is unsatisfactory in an age of digital technology that can provide new approaches tailored to the needs of each individual patient,"* said Dr. David Guez, Executive Director of Innovation and Scouting at WeHealth™ Digital Medicine. *"We are thrilled about the partnership with Ad Scientiam, which may enable heart-disease patients to benefit from a solution that will provide them with individualized rehabilitation program."*

CARDICARE™ is being developed with a Scientific Committee of European specialists in compliance with the guidelines of the European Society of Cardiology (ESC) and the American Heart Association (AHA) guidelines. The following components should be included:

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<sup>1</sup> Global Burden of Death Collaborators. Global, regional, and national age-sex specific mortality for 264 causes of death, 1980–2016: a systematic analysis for the Global Burden of Disease Study 2016. *Lancet*. 2017;390:1151–210

<sup>2</sup> Lindsey Anderson, Neil Oldridge, David R. Thompson, Ann-Dorthe Zwisler, Karen Rees, Nicole Martin, Rod S. Taylor, Exercise-Based Cardiac Rehabilitation for Coronary Heart Disease: Cochrane Systematic Review and Meta-Analysis, *Journal of the American College of Cardiology*, Volume 67, Issue 1, 2016, Pages 1-12, ISSN 0735-1097, <https://doi.org/10.1016/j.jacc.2015.10.044>

<sup>3</sup> B. Pavy, J. Darchis, E. Merle, M. Caillon, Cardiac rehabilitation after myocardial infarction in France: Still not prescribed enough, *Annales de Cardiologie et d'Angéiologie*, Volume 63, Issue 5, 2014, Pages 369-375, ISSN 0003-3928, <https://doi.org/10.1016/j.ancard.2014.09.002>

- Self-assessment questionnaires with visual analogue scales to measure appetite, fatigue, self-perception, and more.
- Educational content to support risk-factor reduction and increase patient adherence.
- A physical-activity recommendation engine, with a proprietary algorithm, to provide individualized weekly exercise schedules that automatically adapt to the patient's history and preferences.

*“We face a complex situation: Our patients have experienced a traumatic event, and sometimes feel depressed and alone, but we need to help them increase their physical activity,”* says Dr. Saad Zinaï, Medical Director of Ad Scientiam. *“There is no single program suitable for everyone. For us, the most important thing is to consider each situation individually (favourite activities, daily program, and so on) in order to provide individualized recommendations that can evolve and adapt according to the patient's progress.”*

The first version of CARDICARE™ will be evaluated as part of a multicentre clinical validation study (France, Italy, Spain, and Portugal). The goal is to demonstrate better patient adherence to prescribed cardiac rehabilitation programs, as well as an improvement in their physical capabilities. This study, whose first recruitments are scheduled for the first half of 2020, should be completed by 2021.

CARDICARE™, once approved, will be distributed through WeHealth™ Digital Medicine, Servier Group's eHealth division, in Europe, as a first step to a global deployment.

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#### **About WeHealth™ Digital Medicine**

Launched in November 2016, WeHealth™ Digital Medicine, the eHealth division of Servier group, aims to improve the lives of patients and healthcare professionals through digital technology. WeHealth™ Digital Medicine offers innovative digital and connected solutions as well as services making the most of collected data, to ensure better individual patient monitoring and to better prevent and predict disease progression. In an open innovative approach, WeHealth™ Digital Medicine identifies the most promising startups in eHealth, in France and internationally, to co-develop solutions. In this way, WeHealth™ Digital Medicine contributes to the creation of a partner ecosystem to facilitate and accelerate the development, industrialization and distribution of innovations and to render them accessible to the greatest number. For more information: <http://www.wehealth-digitalmedicine.com/>

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#### **About Ad Scientiam**

Ad Scientiam develops innovative digital solutions for real-life patient self-assessment. Building on the growing opportunities offered by smartphones, Ad Scientiam is creating new, clinically validated bio-markers with a collaborative ecosystem of patients, physicians and researchers. MSCopilot® is the first certified solution and medical device from Ad Scientiam, with CE marking, designed to monitor patients with multiple sclerosis. Ad Scientiam is also working on several other solutions, particularly in Alzheimer's and Parkinson's diseases, as well as rheumatology and cardiology. Ad Scientiam employs 25 people and has two sites, one in France (Paris – La Pitié-Salpêtrière Hospital and STATION F) and one in the United States (Seattle).

For more information: <http://www.adscientiam.com>

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