ALYKA Health

PATIENT SAILS INTO BETTER HEALTH WITH ALYKA

Heart disease is the leading cause of death globally, with cardiovascular conditions affecting millions of Americans each year. Digital health solutions have emerged as valuable tools in monitoring and managing these conditions.

One patient impacted by an unexpected heart health challenge is Richard*, a 72-year-old former business owner, who found himself facing surgery just as he was embarking on a significant life transition.

The Problem

After 30 years of running a high-stress business, Richard sold his company and prepared to pursue his passion for sailing. While planning an extended voyage to Mexico in 2019, he underwent a routine stress test and received alarming results. Richard needed urgent surgery to place two cardiac stents.

While Richard had been diagnosed with type 2 diabetes 20 years earlier, he had his A1C and blood pressure under control. Overall, his health indicators appeared good. He attributed his heart condition primarily to decades of business-related stress.

After his recovery, he was eager to begin his sailing adventure, but he needed a reliable way to monitor his health during extended travel, particularly in locations where language barriers might complicate medical care. Additionally, he required a system to track vital health metrics and share them with his healthcare providers during periodic visits back to the United States.

The Solution

Nearly 18 months ago, Richard began using ALYKA, a heart health app that enabled him to:

- ✔ **Monitor daily vital signs** including blood pressure, blood sugar levels, and weight
- ✔ **Track this data over time** to identify patterns and trends
- ✔ **Integrate and sync health information** directly from health system EHR
- ✔ **Access educational content** about stress management, nutrition, and other health topics
- ✔ **Establish consistent health monitoring habits**

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The app provided particular value during his sailing trip in Mexico, where Richard needed to manage his health conditions without regular access to his U.S.-based healthcare team. "One of the most important things about making changes to your lifestyle is developing better habits," says Richard. "The ALYKA app helped me create those habits. Every day, it moved me in the right direction by getting me to track my health or read about reducing stress or healthy food choices."

The Results

Richard's health journey has yielded impressive outcomes. The lifestyle change of leaving behind his stressful business and embracing sailing life in Mexico significantly improved his overall well-being. And using the ALYKA app has helped support his healthy habits and track his health data. Richard has:

- ✔ **Improved blood sugar control** with his lower A1C at 5.6% (nondiabetic range)
- ✔ **Lowered average systolic blood pressure** from 155 mmHg to 120 mmHg
- ✔ **Reduced medication dosages**

One of the most significant changes was reducing dosages for his blood pressure and cholesterol medications. "I was able to show my doctor the trends in the app when I went in. Based on that, we lowered my medication doses."

Richard demonstrates how digital health tools can empower patients to take control of their health management, particularly during major life transitions and while traveling. ALYKA not only helped him establish consistent health monitoring habits but also provided actionable data that supported medication reductions and better healthcare decision-making. Today, Richard enjoys his sailing lifestyle in Mexico while maintaining good health metrics and managing his conditions primarily with diet, exercise, and stress reduction—a remarkable achievement for someone who experienced a cardiac event just years earlier.

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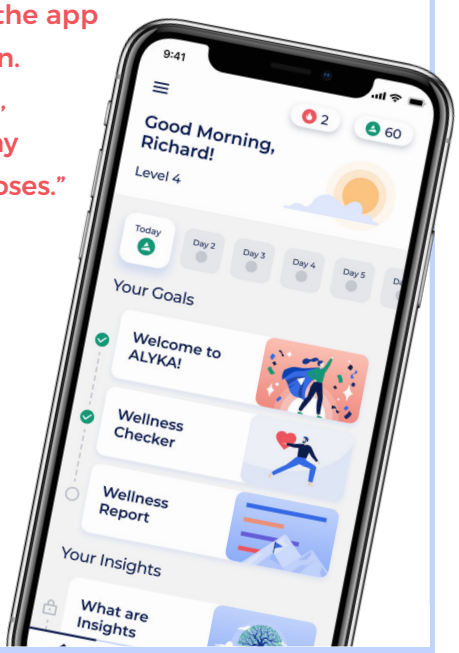

*Name has been changed to protect the patient's privacy.

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