ALYKA Health

FINDING A PATH FORWARD TO LOWER HEART HEALTH RISKS WITH ALYKA

Heart disease remains a leading health concern in the United States, with a disproportionate impact on certain families due to genetic predisposition. Digital health solutions are increasingly vital in helping patients manage chronic conditions between medical visits.

John*, a 67-year-old retired utility worker from Conyers, Georgia, is one of those people who has a long family history of heart disease. It led him to take a different path forward than the generation before him, and he is now being proactive in managing his heart health.

The Problem

John comes from a family deeply affected by heart disease—all of his father's siblings died from heart failure. Despite this concerning family history, John didn't fully address his own health until having some alarming symptoms. When he was still working, he started experiencing dizzy spells which culminated in a fainting spell. After a visit to a local fire station revealed dangerously high blood pressure, John ended up in the hospital where he was diagnosed with congestive heart failure in 2019.

At diagnosis, John faced multiple health challenges:

- Congestive heart failure
- Type 2 diabetes with an A1C of approximately 7.5
- Obesity, weighing nearly 250 pounds
- High blood pressure requiring medication

John's cardiologist gave him several goals, including reducing his weight, lowering his A1C, and keeping his blood pressure in check. He started his health journey trying to do these things on his own. Then, his doctor recommended he try the ALYKA heart health app.

The Solution

Based on his doctor's recommendation, John began using ALYKA to track his vital health metrics and establish better health habits. The app provided:

- ✔ **Regular reminders to check weight, blood pressure, and blood sugar**
- ✔ **Nutritional guidance and educational content**

- ✔ **A system for tracking progress toward specific health goals**
- ✔ **Tools for developing healthier habits**

The accountability aspect of the app particularly resonated with John, who said,

> **"What was good about this app is you gotta face the truth. You can lie to yourself if you want to, but you're defeating the purpose. The app makes you truthful."**

The Results

Through his own efforts, and with help from the app, John has achieved significant improvements:

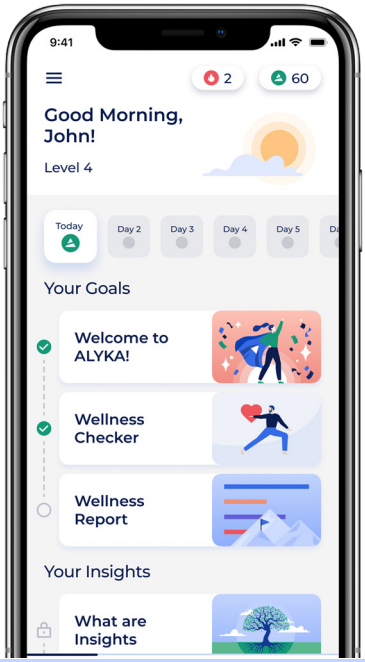
- ✔ **Weight reduction from 250 pounds to 191 pounds (approaching his doctor's goal of 187)**
- ✔ **Lowered A1C from mid-7s to 6.1**
- ✔ **Lowered average systolic blood pressure from 165 mmHg to 130 mmHg through consistent medication management**
- ✔ **Increased willingness to attend medical appointments and discuss symptoms with doctors**
- ✔ **Greater awareness of both his health and others' health needs**
- ✔ **Development of more consistent health monitoring habits**

Most importantly, John credits the app with helping him change his overall lifestyle and mindset:

> **"The biggest thing about this app is it made me change my lifestyle. It's made me aware that you have to be persistent."**

Conclusion

Today, John continues to manage multiple health conditions. The app provides consistent support, serving as what John describes as a "coaching partner" that reminds him to prioritize his health even during difficult times. John compared ALYKA to attending church, saying that it doesn't just help with lifestyle improvements, it helps you shift your mindset to support lasting change.



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

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