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## New Research Reveals Updated Patient Preferences on Digital Health Technology

*The majority of Americans believe technology has improved certain aspects of their healthcare; 8 in 10 agree technology has made seeking treatment easier*

SAN DIEGO--(BUSINESS WIRE)-- ResMed (NYSE: RMD, ASX: RMD) today announced results from a company-led survey, revealing new patient preferences on digital health technology. The survey highlights a reason for optimism that the markets for digital health technology will only continue to grow.

The survey of a nationally representative sample of 3,000 Americans, conducted in partnership with Edelman Intelligence, revealed that the use of – and confidence in – remote digital health technology is widespread: 56% of those surveyed currently monitor their health with at least one digital data collection tool.

Also, 60% of people attempt to diagnose themselves after browsing symptoms on the Internet – including 76% of Millennials.

Perhaps more surprising, remote digital health technology seems to have deepened people's connection with their physicians rather than distanced them from one another. Over half of those surveyed agree that technology has improved their relationship with their primary care provider, and many would like to be able to communicate with their physician more often. They also see an increased opportunity to accomplish this, with 68% wanting technology to play a larger role in sharing real-time medical information with their physician.

"Apps and other digital tools now provide easy, secure access to our own health data and our doctors at all times," explains Carlos M. Nunez, M.D., ResMed's Chief Medical Officer. "These real-world data can reveal insights that help improve the use of a home-based therapy or may spark a talk with a doctor that helps patients get the most from their therapy for better results. Meanwhile, clinicians with remote access to patients' data can monitor them more easily, quickly reaching out to those who need support. Medical researchers can analyze large data sets to uncover findings that may lead to new best practices that are applicable across populations of patients. All of these benefits are changing the way we all receive care today, improving the quality of care for millions and increasing healthcare providers' efficiency."

With over 10 million cloud-connectable sleep apnea and respiratory care devices in patients' homes, ResMed knows the importance of helping people understand how digital health technology can positively impact their health:

- 87% of sleep apnea devices users are adherent on therapy when remotely and self-monitored, compared to roughly 50% on non-cloud connected devices.<sup>1</sup>
- A digital sensor tracking a patient's inhaler use for asthma or COPD can improve adherence up to 58%, increase symptom-free days 48%, and reduce emergency room visits by 53%.<sup>2-3</sup>

“These survey findings highlight the need to keep educating the public on the benefits of remote monitoring and other digital tools, as well as the viability of out-of-hospital care, as technology allows patients and physicians to more efficiently collaborate on improving health outcomes as a team,” explains Nunez. “ResMed’s connected health devices and software platforms supporting out-of-hospital care are each integral parts of this dynamic shift, and I believe they are crucial in helping improve the lives of hundreds of millions people around the world.”

## About ResMed

At ResMed (NYSE: RMD, ASX: RMD) we pioneer innovative solutions that treat and keep people out of the hospital, empowering them to live healthier, higher-quality lives. Our cloud-connected medical devices transform care for people with sleep apnea, COPD, and other chronic diseases. Our comprehensive out-of-hospital software platforms support the professionals and caregivers who help people stay healthy in the home or care setting of their choice. By enabling better care, we improve quality of life, reduce the impact of chronic disease, and lower costs for consumers and healthcare systems in more than 120 countries. To learn more, visit [ResMed.com](https://www.resmed.com) and follow @ResMed.

1 Malhotra A et al. *Chest* 2018

2 Van Sickle D et al. *Eur Resp J* 2016

3 Barrett M et al. *Health Affairs* 2018

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