

CLARENCE K. LAM, M.D., M.P.H.
Legislative District 12
Anne Arundel and Howard Counties



Miller Senate Office Building
11 Bladen Street, Room 420
Annapolis, Maryland 21401
410-841-3653 · 301-858-3653
800-492-7122 Ext. 3653
Clarence.Lam@senate.state.md.us

Finance Committee
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THE SENATE OF MARYLAND
ANNAPOLIS, MARYLAND 21401

Support of SB 441 Maryland Medical Assistance Program - Prescription Digital Therapeutics

The Issue:

- A shortage of healthcare providers, particularly in primary care, that mostly affects rural and low-income communities
- An aging population that requires greater healthcare needs
- A lack of emphasis on preventative care that leads to the development of more chronic health conditions and more emergency department visits
- An expensive healthcare system with few low-cost treatment options

What are Digital Therapeutics (DTx)?

- Technology that uses software primarily to deliver evidence-based interventions to prevent, manage, or treat a disease
- Must undergo randomized controlled clinical trials that demonstrate safety and efficacy
- Must be authorized for use by the Food and Drug Administration (FDA)
- Must adhere to current Good Manufacturing Practices
- Must be prescribed by a provider

The Benefits of Digital Therapeutics:

- Low cost
- Usually can be used anywhere at any time
- Customizable to the needs of the patient
- Increases the timeliness and accuracy of clinical decisions made by providers

Examples of Digital Therapeutics:

- Somryst is an app that uses cognitive behavioral therapy (CBT) to treat adults with chronic insomnia
- Welldoc makes digital coaching apps that empower patients to self-manage chronic conditions, such as diabetes, while keeping the provider informed
- Woebot is a chatbot app that provides counseling to patients with adolescent or postpartum depression
- MedRhythms uses music to improve mobility in patients with neurological conditions, such as Parkinson's disease

What SB441 Does:

SB441 requires the Maryland Medical Assistance Program to provide coverage for prescription digital therapeutics, thus increasing access to DTx for a greater number of patients and helping bridge any gaps in care.