

For Immediate Release:

Media Advisory



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VA Pilot Study Concludes that Meducation® Improves Patient's Medication Adherence

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A 6 month study by the Veterans Affairs Medical Center has concluded that Polyglot Systems' Meducation® "health literacy intervention positively effected medication adherence and clinical outcomes". According to Polyglot's CEO, Sims Preston, "Meducation allows providers to deliver medication instructions in multiple languages and formats that any patient can understand, even those with low health literacy."

At three months, participants self-reported improved medication adherence, including

- A dramatic 77% drop in patients who reported "I forgot to take my heart medicine yesterday"
- 45% improvement in patients reporting that "I sometimes forget to take my heart medicines"
- 58% improvement among patients who said "I am sometimes careless about taking my heart medicines"

At six months, the medication possession ratio improved 3.2% and there were decreases in average systolic blood pressure (0.5 mmHg), diastolic blood pressure (1.5 mmHg), and body weight (3.5 pounds) ($p > 0.05$).

The findings from the study at the Veterans Affairs Medical Center in Durham, North Carolina have been published in the journal *Patient Education and Counseling*. According to the publication, self-reported adherence measures and MPR (medication possession ratio) improved among study subjects. Twenty-three subjects with cardiovascular disease, poor adherence history (MPR <80%), and on more than 9 active prescription medications were recruited. Forty percent had low health literacy (REALM score ≤ 60).

About Polyglot Systems

Polyglot Systems' award-winning Meducation solution improves patient understanding of their medication and treatment instructions, thereby improving patients' health, reducing healthcare costs and increasing patient satisfaction. Meducation has been licensed to hospitals, health systems, clinics, pharmacies and public health departments. www.pgsl.com