

## Best Doctors: How a Supercomputer and the World's Best Doctors are Helping Employees Fight Cancer

The National Cancer Institute estimates that nearly 40 percent of Americans will be diagnosed with cancer at some point in their lives. By 2024, an estimated 19 million people will be living with a cancer diagnosis. Those astounding numbers also lay bare an inconvenient truth: that tens of millions of Americans are forced into a maze of uncertainty and options in a complicated health care system. The physical, emotional, and financial toll is one that affects patients, families, health care providers, plan sponsors, and so many more. Interestingly, many employers are stepping in to help fill those gaps with innovation and better options for their valuable employees and their family members. Employers are also concerned with the explosion in costs for cancer treatments and the impact a cancer diagnosis has on productivity and presenteeism.

In 2016, Best Doctors, the world's leading expert clinical consultant service announced a major partnership with IBM and its cognitive computing service, Watson, to use the power of data to help patients find the right treatment option. By bringing together leading technology and the brightest minds in medicine, the two brands have been able to transform the way employees deal with a cancer diagnosis by ensuring that the right diagnosis is confirmed and that the right treatment plan is enacted.

With the patient's permission, the Best Doctors clinical team collects and organizes medical records and feeds specific patient clinical attributes into Watson. Watson will then generate a clinically relevant report, which will be reviewed by world-renowned expert oncologists in the Best Doctors network and a detailed clinical report from that oncologist will be provided to the patient and their treating oncologist. With over 25 years of proven success in dealing with the most complex cases, Best Doctors now combines its unique access to the brightest minds in medicine with Watson Oncology, health care's most innovative artificial intelligence technology. Historically, the Best Doctors clinical advocacy services have resulted in corrected or refined diagnoses in 37 percent of its U.S.-based cases, while altering or improving treatment in nearly 75 percent of cases.

"A cancer diagnosis is often made even more terrifying when the uncertainty of next steps is combined with the confusing options that are available," noted Peter McClennen, Chief Executive Officer at Best Doctors. "This is where Best Doctors and Watson Oncology work best. Armed with clinical data

specific to the patient, access to brilliant oncologists, and an unrivaled cognitive computing system, patients now have a valuable clinical advocate that employers are excited to offer."

IBM understood the value, and took steps to become the first to offer its employees this service. As of January 1, 2017, all eligible IBM employees and their covered family members will have free access to Watson's insights for a second opinion on their cancer diagnosis and treatment as well as potential clinical trial options.

"For anyone receiving the diagnosis, or supporting a loved one through it, cancer can be overwhelming," said Kyu Rhee, MD, chief health officer, IBM Watson Health. "Now a second opinion staffed by the powerful combination of Watson and world-renowned oncologists at Best Doctors is just a phone call away."



The Watson services provided through Best Doctors will include Watson for Oncology, Watson for Genomics and Watson for Clinical Trial Matching. Watson for Oncology provides evidence based treatment support related to breast, lung, colon, rectal and gastric cancers, with more cancer types being added in 2017. Watson for Clinical Trial Matching helps match eligible patients with relevant clinical trials. Watson for Genomics looks for variations in a patient's DNA and provides clinicians information about potential cancer-causing mutations, providing insights on targeted, personalized therapies.

**For more information about Best Doctors and the Watson Oncology offering, or if you would like to consider the program for your population, please call Charles Gustafson at 860.983.5025.**