pathroot health

News Release

Pathroot — The First Mobile Solution to Use Fitness Tracker and Smartwatch Data to Detect Overdose, Alert Families and Direct Help

Overview: Pathroot is a prevention program designed to reduce overdose deaths through a mobile application combined with fitness tracker and smartwatch data to monitor vital signs, detect problems, alert loved ones and direct help. Pathroot is coupled with an online portal that educates families on the risks of fentanyl and other illegal drugs, the dangers of experimentation, and provides wellness counseling and support.

June 13, 2023 — Pathroot Health formerly InterAct LifeLine, today announced a mobile application and SaaS solution that collects data from fitness trackers and smartwatches, notifies if vital signs indicate suspected overdose, alerts contacts and directs emergency help to the individual's location. Designed for families of adolescents and young adults, the LifeLine mobile application will integrate off-the-shelf wearables, assess vital signs, and provide real-time geolocation.

"Pathroot monitors abnormal patterns in heart rate which is a leading indicator that someone may be overdosing," said Carolyn Bradfield, CEO of Pathroot Health. "It first reaches out to the individual to see if they are ok and simultaneously alerts family members or emergency contacts of potential trouble. The mobile app integrates with the Pathroot portal for education and outreach, access to family support services, as well as counseling through licensed providers."

To improve accountability, Pathroot users have a personal calendar to add daily commitments and schedule text reminders. When they are near a planned location, Pathroot will ask for a check-in, automatically open the smartphone camera, and take a picture to confirm identity. The online portal offers a continuous flow of content and education geared to families, young people, and individuals in recovery. Articles, videos, and education raise awareness of the danger of substance misuse and offer strategies to make healthier choices.

"In 2017, my 29-year-old daughter was just one mile from a trauma hospital overdosed and was fighting for her life with bystanders who did not render aid," added Bradfield. "An off-the-shelf wearable could have detected that she was in trouble, directed help and potentially saved her life. Millions wear fitness trackers or smartwatches every day, so it's time to turn those devices into a life-saving companions to reduce overdose deaths."

"Timely and effective detection and response to drug overdose is critical to prevent fatalities and promote recovery. Reversing overdose with naloxone, providing follow-up care, and addressing underlying substance use disorder are all essential components of an overdose response."- Centers for Disease Control and Prevention (CDC)

Pathroot Features

- Wearables: Commercially available fitness trackers or smartwatches monitor vital signs and communicate through a mobile application and integrated SaaS platform.

- Accountability: Schedule commitments on a personal calendar, receive text reminders, and be prompted to check-in using geolocation and identity verification.
- Harm Reduction: Educational content specifically directed at youth, families, or those in recovery focused on substance misuse, and effective parenting strategies.
- Family Support: Meaningful resources and connections to family support groups or access to optional telehealth therapy.
- Education: Regular live educational sessions with optional on-demand content.
- Affordable: Pathroot is a low-cost monthly subscription. Supported wearable devices are economical and readily available.
- Free Wireless Access: Qualified low-income families can receive free smartphones and significantly reduced service through affiliated suppliers supporting the Federal Affordable Connectivity Program.

Families can subscribe to Pathroot on the mobile application or portal, add family members, set up alert preferences, and pair wearables. Learn more at: https://pathroot.com.

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Note: In January 2025, InterAct LifeLine changed its name to Pathroot Health to reflect a change in focus and new capabilities. Pathroot Health empowers providers, employers, and payers to deliver value-based care by supporting patients and their families post-treatment with technology-driven engagement and monitoring solutions.

About Pathroot Health

Pathroot Health empowers providers, employers, and payers to deliver value-based care by supporting patients and their families post-treatment with technology-driven engagement and monitoring solutions. Pathroot's remote patient monitoring platform connects wearables from Apple, Google, Samsung, and Oura to track real-time data, including vitals, sleep quality, exercise, mood, and daily engagement. AI-based predictive analytics assess relapse risk, providing early intervention alerts to treatment teams, families, managed care organizations, (MCO) and Employee Assistance Programs (EAP).

For more information on Pathroot's beta program and upcoming monitoring integration, visit https://pathroothealth.com.