

# CHERYL

## A High-Performing Executive Who Started Experiencing Unusual Fatigue



### INITIAL DISCOVERY AND DIAGNOSIS

#### Six months prior to engaging Summus

Cheryl, a high-performing corporate executive managing a large team, started experiencing unusual fatigue. While she had no chest pain or shortness of breath, she noticed swelling in her legs and assumed it was due to frequent business travel and poor nutrition.

#### Two weeks prior to engaging Summus

During a trip with her husband, Cheryl suddenly became short of breath during a casual walk. Later that day, while boarding a flight, she grew dizzy and acutely short of breath. She was rushed to the hospital and admitted to the ICU, where she was **diagnosed with acute heart failure.**

Doctors found her heart's pumping function was severely reduced, leading to fluid buildup in her lungs and lower body. She also had kidney strain from reduced circulation. Once stabilized, Cheryl was discharged, but with little clarity about her diagnosis or next steps.

That's when she and her husband turned to Summus.



“Summus made sure I wasn’t alone. From specialists to nutrition and rehab, they helped me heal and return to life with confidence.”

## Summus Supports Cheryl On Her Journey

**4 HOURS**

TIME TO SUMMUS MD  
CONSULT

**1 WEEK**

TIME BETWEEN CONSULT AND  
SPECIALIST APPOINTMENT

**10/10**

MEMBER  
SATISFACTION

**\$9,204**

AVERAGE COST SAVINGS  
PER CV JOURNEY

## CHERYL'S TREATMENT TIMELINE



### WITHIN 4 HOURS

Cheryl Connects with a Summus MD

A Summus MD spoke with Cheryl and her husband, walking them through what had happened and explaining the underlying heart failure mechanisms in a clear, thoughtful way. He outlined the immediate next steps and recommended Cheryl see a cardiologist who specializes in heart failure as soon as possible. He also prepared Cheryl for her upcoming appointment by outlining the most important questions to ask.



### 1 WEEK LATER

Cheryl Meets with a Top Cardiologist

Summus used its proprietary Physician Referral Engine to identify top in-network specialists in Cheryl's area. Within the week, she had an appointment with a leading local cardiologist. He reviewed Cheryl's medical records, images, and tests, and he started her on an ACE inhibitor while closely monitoring her kidney function. He explained that other standard medications may be added over time to strengthen her heart and reduce the risk of future episodes.



### MEDICATION GUIDANCE

Cheryl Learns About Her Medications

Cheryl experienced dizziness and lightheadedness from her new medication. She reached back out to Summus and was quickly reconnected with her Summus MD within the day. He explained that these side effects are common early on and suggested ways to minimize them, such as taking the medication at bedtime. He also encouraged Cheryl to continue discussing symptoms with her cardiologist and offered an in-depth video consultation with a Summus Expert for reassurance.

## CHERYL'S TREATMENT TIMELINE (CONTINUED)



### 5 DAYS LATER

Summus Coordinates Expert Consultation with Director of Advanced Heart Failure

Five days later, Summus arranged a virtual consultation with Dr. Kishan Parikh, Director of Advanced Heart Failure at WakeMed Health and Adjunct Professor at Duke University Medical School. To prepare, Summus digitized and securely shared Cheryl's records before the consultation.

During the consultation, Dr. Parikh confirmed that ACE inhibitors were the right starting point and educated Cheryl on other medications that might be introduced if side effects persisted or her condition changed. This left Cheryl confident about her care plan and ready to engage in informed discussions with her cardiologist. Her Summus MD continued to check in, ensuring she and her husband felt supported and knew what to watch for if symptoms returned.



### 1 MONTH LATER

Cheryl Begins Ongoing Treatment and Recovery

One month later, as Cheryl's condition stabilized, Summus provided personalized cardiac rehab and nutrition plans to support long-term recovery. She also received guidance on stress management and mental health resources to process the emotional impact of her diagnosis.

Because some forms of heart failure can have a genetic basis, Summus recommended a family risk assessment and connected Cheryl with local in-network providers to discuss whether her children should undergo preventive cardiac screening.

## CHERYL'S RECOVERY & LONG-TERM WELLNESS PLANNING



### 6 MONTHS LATER

Cheryl Has Peace of Mind

With Summus guiding her care, Cheryl quickly connected with top experts, gained clarity on her diagnosis, and followed a personalized treatment plan that gave her peace of mind.

During uncertain moments, she had access to trusted specialists who explained her medications and options.

Today, Cheryl continues an optimized medication regimen with no negative side effects, follows a heart-healthy lifestyle with the support of a Summus nutritionist, and is back to confidently leading her team.

CHERYL RELIED ON SUMMUS.  
OTHERS DID, TOO.

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