Creating a holistic V1C environment just for women

Visana

THE PROBLEM | Women with chronic gynecologic conditions like endometriosis, fibroids, and heavy and painful periods struggle to access evidence-based, best practice care. Due to a lack of specialists in complex gynecology, many women encounter a decades-long diagnostic odyssey and have their symptoms downplayed by providers. By the time a woman receives a diagnosis and gets the care she needs, she's waited years, has seen numerous providers, and received subpar and inappropriate care. This ultimately results in suboptimal outcomes and drives up overall healthcare costs.

THE INTERVENTION | Visana Health is a virtual-first gynecology clinic offering full-service clinical care for all phases of a woman's life, with a focus on complex gynecological conditions. Visana's virtual-first model expands access to integrated care services, including access to OBGYNs, women's health NPs, coaches, coordinators, and more. Visana recreates evidence-based care pathways proven in randomized controlled trials to improve outcomes and reduce costs. Visana's virtual care programs include virtual interactions with physicians and other clinicians, asynchronous touchpoints, navigation, care coordination, pelvic floor exercises, nutrition advice, mental health support, and disease education, and more.
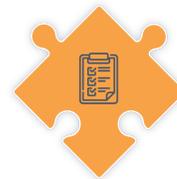
Components:

Synchronous and/or asynchronous virtual interactions between a clinical team and individual	Interdisciplinary approach that includes consults with specialists and other disciplines to provide comprehensive and longitudinal care	Care navigation support	Patient self-report (e.g. symptom survey, pain scale)	Personalized digital content supporting individual education and self-management in their health journey

THE RESULTS | Visana's evidence demonstrates that their virtual care programs improve outcomes, improve mental health, reduce days of work missed, and improve the healthcare experience of our members. Ultimately, data demonstrates they can provide a 4:1 ROI for employers & payers by reducing healthcare costs.

THE BENEFITS | ⓢ **Affordability** + ⊛ **Experience** + ⚲ **Access**

Women who have gone through our virtual care programs have reported a life changing experience. Women feel empowered to advocate for themselves at appointments and have a better overall healthcare experience. Additionally, 88% report improved mental health, 69% report improved access to care, and 56% report missing fewer days of work.

To illustrate Visana's impact, one Visana member said, "I can't tell you how my life has changed since starting this program. I started this program a week into our lockdown, my pain was so bad it was waking me from my sleep. I now can say I'm pain free."

LEARN MORE about Visana Health