V1C integrates a fit-for-purpose selection of these **components** to deliver their solution:

- Synchronous and/or asynchronous virtual interactions between a clinical team and individual
- Interdisciplinary approach that includes consults with specialist and other disciplines to provide comprehensive and longitudinal care
- Prescription and/or provision of traditional medications or digital therapeutics
- Laboratory tests (e.g. genetics testing through mailed spit kit)
- Use of biometric and other sensor technologies (e.g. blood pressure cuff, smartwatch)
- Dynamic patient monitoring capability
- Personalized digital content supporting individual education and self-management in their health journey
- Technical support to accommodate literacy, language, access, and technological barriers to adoption
- Care navigation support
- Caregiver support (e.g. app with resources)
- Patient self-report (e.g. symptom survey, pain scale)