

THE PROBLEM | Women with chronic gynecologic conditions like endometriosis struggle to access evidence-based, best-practice care. Due to a lack of specialists in benign 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. The delayed or uncoordinated care experience ultimately results in suboptimal outcomes and increases healthcare costs.

THE INTERVENTION | Visana Health is a virtual-first gynecology provider focused on chronic gynecological conditions. Visana recreates evidence-based care pathways proven in randomized controlled trials to improve outcomes. Its virtual care programs include pelvic floor exercises, nutrition advice, mental health support, disease education, virtual interactions with clinical staff, and a member navigation experience delivered through an app.

Components:



Synchronous and/or asynchronous virtual interactions between a clinical team and an individual



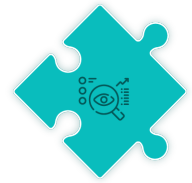
An interdisciplinary approach that includes consults with specialists and other disciplines to provide comprehensive and longitudinal care



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 its virtual care programs improve outcomes, mental health, missed work days, and our members' healthcare experience. Data also shows that they can provide a 4:1 ROI for employers and 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. They feel empowered to advocate for themselves at appointments and have a better healthcare experience. Additionally, 88% report improved mental health, 69% report improved access to care, and 56% report missing fewer work days.

“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, and my pain was so bad it was waking me from my sleep. I now can say I'm pain-free.”

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