



***"Following through and actually doing what was good for my heart was much more achievable with the support of the Virtual Care Program."***—Patient Testimonial

### Healthcare Hurdle

The present healthcare system has a limited capacity for facilitating self-management. Many of the prevention management activities, like lifestyle screening, behavioural counseling, and connecting with community resources are outside the scope and culture of clinical medicine. Providers often have little to no training in the skills required to deliver this improved care.

### Solution

The Virtual Care Program; an online cardiovascular health management system powered by NexJ Connected Wellness accessible to those who are at risk of developing heart disease and those who have established heart disease.



## Market Assessment

In a national market survey:

**82% of patients**

indicated that an online program would be of value to their heart health

**84% of physicians**

said they would refer their patients to an online health management program to better support their health

**Join Today!**



## University of Ottawa Heart Institute's

# Virtual Care Program

## An online cardiovascular health management system powered by NexJ Connected Wellness

The features of the program are designed to raise awareness about an individual's health status and to motivate them to manage and improve their own health and well-being. The wide adoption of internet usage presents an incredible opportunity for delivering preventative health initiatives using the virtual care platform. Some of the many advantages of the program include:

- the reduction of barriers to access
- tailored information on demand
- the ability to provide widespread dissemination of information and immediate updating of content and functions

By using the system to promote information exchange, care coordination and support among peers, participants are enabled to make informed decisions, and better manage their own care.

## Program Benefits

### Health Care Providers

Reduce physician burden and extend primary care services to patients in need by experts who are trained to deliver support services.

### Program Managers

Communication tools which facilitate the delivery of integrated coordinated care, including messaging, appointment requests and video chat capabilities.

### Participants

Provides participants with the knowledge, skills, and motivation necessary to manage their own heart health anywhere, and any time.