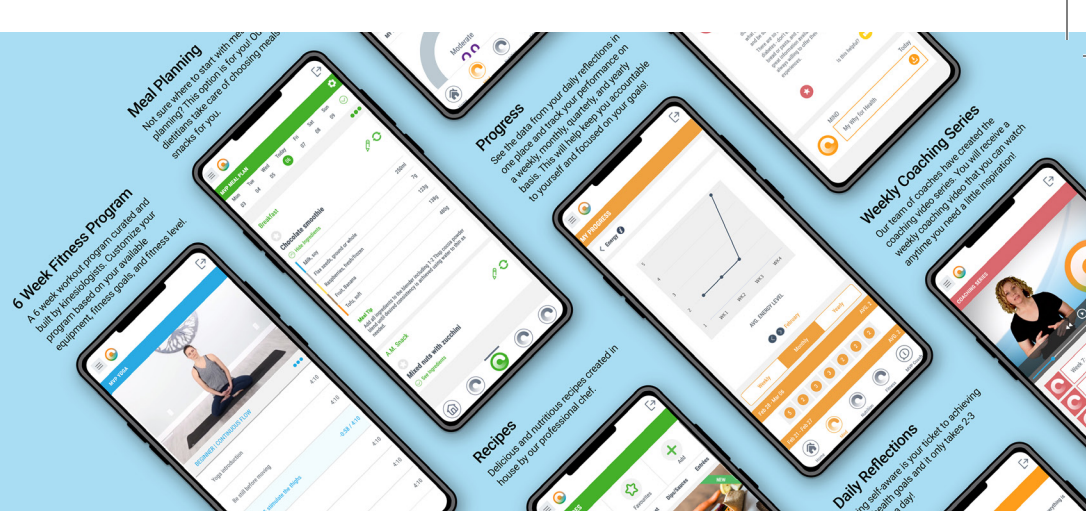


Do what you do best. Help people be well again.



What is My Viva Plan®

My Viva Plan® is a digital health platform designed to help patients manage chronic conditions with personalized, evidence-based Lifestyle Medicine treatment plans.

The Problem

Studies indicate that effectively managing chronic conditions demands more time than is typically available to physicians and other healthcare professionals.

To provide high-quality care for patients with well-managed chronic diseases, a Primary Care Physician needs an estimated minimum of 3.5 hours daily.

However, to care for patients with poorly managed chronic conditions, this time requirement jumps to approximately 10.6 hours per day†.

The Solution

Evidence suggests that patient self-management, particularly when supplemented by professional healthcare services, enhances patient empowerment and leads to better health results‡.

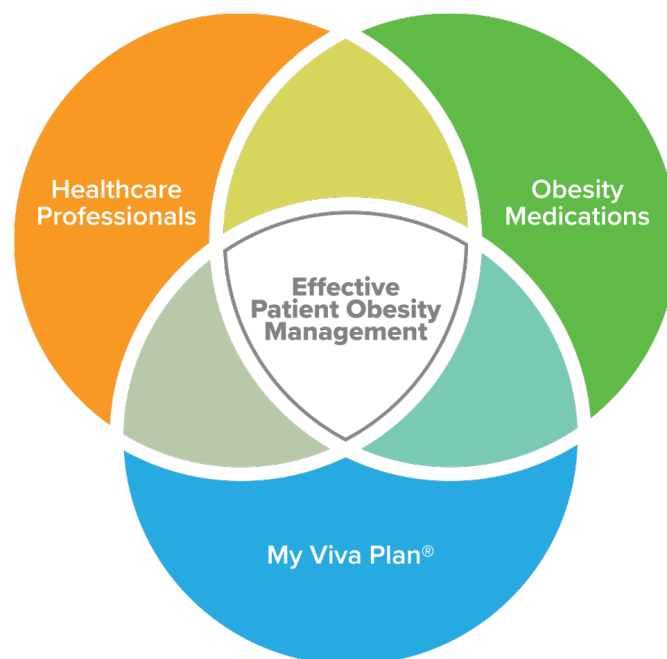
†† Østbye T, Yarnall KS, Krause KM, Pollak KI, Gradison M, Michener JL. Is there time for management of patients with chronic diseases in primary care? *Ann Fam Med*. 2005 May-Jun;3(3):209-14. doi: 10.1370/afm.310. PMID: 15928223; PMCID: PMC1466884.

My Viva Plan®

A Lifestyle Medicine Solution for Chronic Disease

Streamlining Care Delivery

- Optimize Medical Visits
- Deliver High-Quality Care
- Extensive Education Focus
- Real-Time Adjustments



Clinical and Economic Impacts

Out of 100 patients living with metabolic syndrome, My Viva Plan® can:

- reduce the incidence of Type 2 Diabetes by 18 cases,
- reduce Ischemic Heart Disease by seven cases, and
- prevent one death per 100 over the course of 10 years.



For more information visit:
discover.myvivaplan.com/physicians



User Experience

BASELINE ASSESSMENT

Patient completes their baseline assessment based on their lifestyle habits.

PROFILE

Collect health information to customize patient's account and health journey.



my viva®

AUTOMATICALLY CREATES A PERSONALIZED CARE PLAN FOR THE PATIENT



MIND

- Stress assessment
- Daily reflections
- Track progress
- On-demand meditation practices
- Goal setting

NUTRITION

- Personalized meal plans
- Grocery list
- Vivapedia®
- Chef and dietitian-inspired recipes

FITNESS

- 6 week personalized exercise programs
- On-demand workouts
- On-demand yoga

COACHING

- Weekly webcast
- Weekly behaviour coaching program
- Weekly health journey program

BUILDING RESILIENCE

EATING BALANCED

IMPROVING STRENGTH AND ENDURANCE

COACHING AND EDUCATION

USER HEALTH OUTCOMES

- Improve blood pressure
- Improve cholesterol
- Manage weight
- Improve blood sugar control
- Manage stress
- Positive self-esteem
- Positive self-confidence
- Manage anxiety
- Improve sleep quality

ULTIMATE OUTCOMES

- Improve quality of life for mental health
- Improve quality of life for physical health
- Improve self-efficacy

discover.myvivaplan.com