

## SELF-CARE PLANNERS

### Urology

- ▶ Urinary Incontinence

### Orthopedic/Spine

- ▶ Knee & Hip
- ▶ Back & Neck (coming soon)

## HEALTH PROFILERS

### Cardiology/Vascular

- ▶ Heart Health
- ▶ Stroke
- ▶ PAD

### Diabetes/Metabolic Syndrome

- ▶ Diabetes

### Oncology

- ▶ Breast Cancer
- ▶ Prostate Cancer
- ▶ Colorectal Cancer
- ▶ Lung Cancer

### Orthopedics/Spine

- ▶ Knee & Hip
- ▶ Back & Neck Pain

### Bariatric/Weight Loss

- ▶ Weight-Loss Surgery
- ▶ Healthy Weight-Range

### Urology

- ▶ Urinary Incontinence

### Sleep

- ▶ Sleep Apnea

### Lung Diseases

- ▶ Asthma Symptoms
- ▶ Asthma Symptoms (Children)

# Empower Consumers to Improve Their Quality of Life



## EVALIA® Urinary Incontinence Self-Care Planner

The EVALIA Urinary Incontinence Self-Care Planner is an online application that guides eligible users through a 6-week cycle of self-care activities designed to improve symptoms of urge and stress incontinence. The planner allows users to track their activities and goals over time and see the impact of their efforts on their quality of life.

The self-care activities are based on the Urogenital Distress Inventory (UDI-6), Incontinence Impact Questionnaire (IIQ-7), and recommendations from the Fourth International Consultation on Incontinence and AUA/SUFU treatment guidelines.

### Reduce Cost of Care

Increase efficiencies in patient care and reduce office time for simple care, resulting in cost and time savings.

### Improve Quality Outcomes

Identify modifiable behaviors and encourage health improvements to avoid developing more serious conditions.

### Target Symptomatic Patients

Send targeted messages about relevant health system services to patients whose symptoms are not improving.

### Return on Investment

Generate detailed reports that provide data needed for targeted messaging, tracking patient engagement, and calculating ROI.



## EVALIA® Urinary Incontinence Personal Health Profiler

The EVALIA Urinary Incontinence Symptoms Profiler is an evidence-based software application that assesses urinary incontinence (UI) type and severity through a concise series of questions related to symptoms and risk factors. The profiler also presents current treatment algorithms provides risk-stratified calls to action.

This assessment is based on the Urogenital Distress Inventory (UDI-6) and Incontinence Impact Questionnaire (IIQ-7). It assesses the severity of stress and urge incontinence symptoms, general symptoms, and self-reported frequency and quantity of urine leakage. The highest severity level among these factors is what determines overall symptom severity level.

### Manage Population Health

Educate consumers on symptom severity and provide information needed to enter the healthcare system at the right time.

### Increase efficiencies

Qualify patients to reduce unnecessary appointments, resulting in cost and time savings.

### Engage Patients

Identify patients in need of specialized care and provide pertinent education required for informed health decisions.

### Patient Engagement

Connect physicians and patients with our online platform designed to facilitate electronic 2-way communication.

**While both the self-care planner and profiler are designed to operate independently, they may be paired together to optimize care.**