



HealthyWeight Coaching

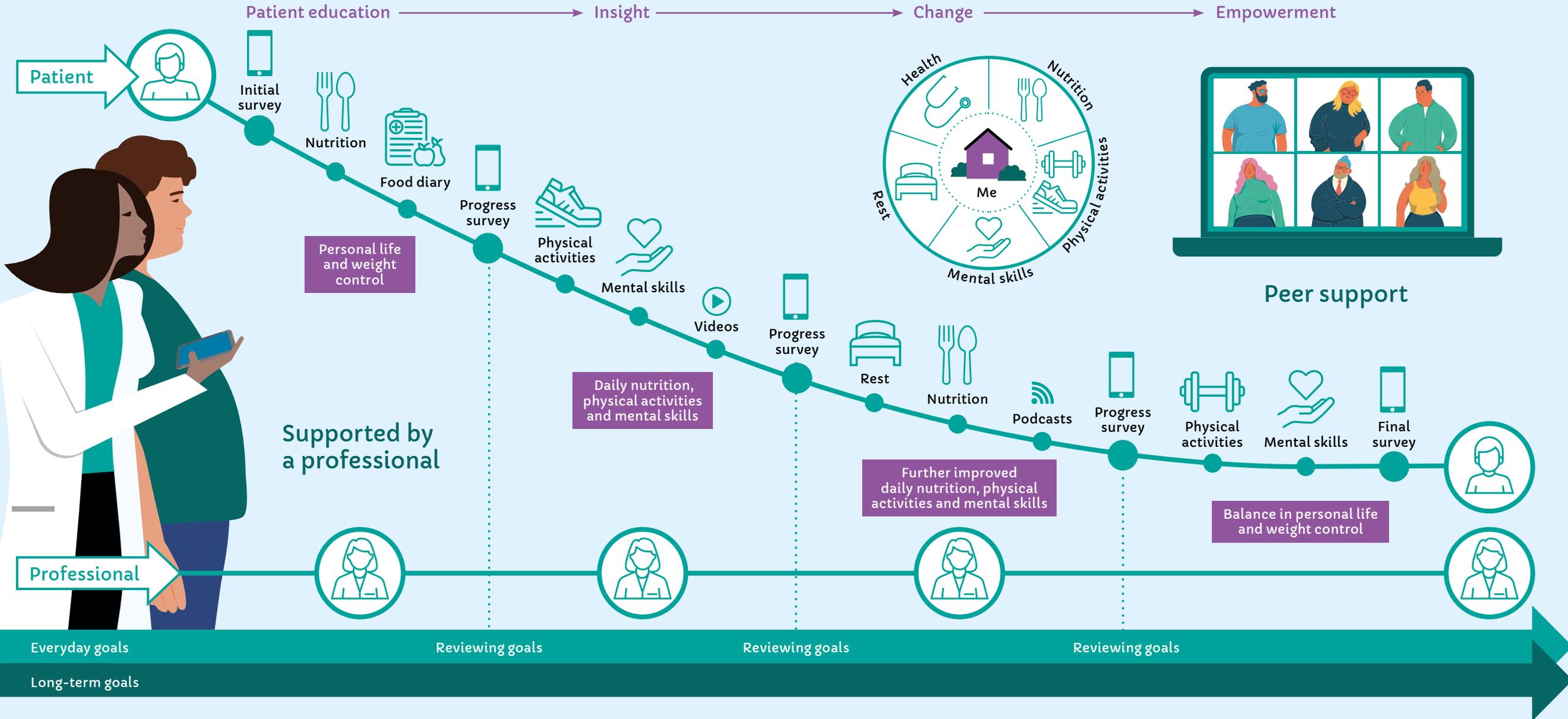
A UNIQUE AND MODERN
DIGITAL CARE PATHWAY FOR
COMPREHENSIVE AND PERSONALISED
OBESITY TREATMENT



HealthyWeight Coaching is part of
Digital Health Village® eHealth services.
All digital care pathways utilise
the same IT platform and tools.

HealthyWeight Coaching

Digital care pathway for individual obesity treatment lasts for 12 months and includes 30 to 40 contacts with patient's own coach.



HealthyWeight Coaching

HealthyWeight Coaching is a year-long digital care pathway that contains interactive materials shared with patients, personal aid by patient's own coach, peer support, and wellbeing activities guided by self-set goals.



BENEFITS FOR A MEDICAL PROFESSIONAL

- A modern and efficient way to treat an increasing number of patients
- A scalable and cost-effective solution to supplement or even to substitute traditional care pathways
- First-class results of treatment effectiveness and patient satisfaction

BENEFITS FOR A PATIENT

- A comprehensive selection of anti-obesity exercises in the digital care pathway, available 24/7
- Personal support from a trained medical professional during the whole year
- Easy access to the digital care pathway via PC or mobile app

DIGITAL HEALTH VILLAGE IS

- designed by university hospital tertiary care specialists and multidisciplinary teams
- an easy message channel between patient and professional
- adaptable to different organisations



Digital Health Village is revolutionising health and wellbeing services by digital means. The services are enabled by a custom-made, cloud-based IT platform and have been designed and built together with patients, healthcare professionals and patient organisations using the process, tools and templates of the Health Village eHealth Development Program.

The Health Village concept has been developed in cooperation with the Finnish university hospitals. Helsinki University Hospital coordinates the development.

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Contact information

info@healthvillage.fi
www.digitalhealthvillage.com

