

Women's HEALTH COALITION

Connect ► Communicate ► Advocate

Mission

The Women's Health Coalition is committed to creating a movement to speak openly, learn and engage with purpose to address menstrual reproductive and sexual health *for life*.

Vision

The right support and treatment at the right time for improved quality of life, improved health outcomes, and *better lived experiences*.





LAND ACKNOWLEDGEMENT

The Women's Health Coalition of Canada (WHC) respectfully acknowledges that we are on the traditional territories of the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries in Canada. We honour their long history of welcoming many Nations to this beautiful territory and uphold and uplift the voice and values of our Host Nation. Further, The WHC respects and affirms the inherent and Treaty Rights of all Indigenous Peoples across this great land.



WOMEN'S HEALTH

TAKING AUTHORITY OF *YOUR* HEALTH JOURNEY

Resources to inform and guide your gynecological health journey.

Tools and resources to promote self-advocacy and self-care.

Understanding of the partners who are working together for system change.



Women's health is hard to talk about



- **Heavy Periods**
- **Abnormal Bleeding**
- **Hot Flashes**
- **Sleep Disturbances**
- **Pelvic Pain**
- **Decreased Libido**
- **Vaginal Dryness**
- **Painful Sex**
- **Prolapses**
- **Depression**
- **Migraines**
- **Miscarriage**
- **Incontinence**
- **....and more**

Someone has to start the conversation!



Women's health is not equitable



- **Healthcare provider knowledge**
- **Access to services**
- **Surgical priorities**
- **Practitioner compensation**
- **Research**

Take authority of your health journey!



Women's Health elevated in primary care



- **Enable more practitioners**
- **Gynecology training**
- **Patient resources**
- **Challenge barriers**
- **Partnerships**

Focus on prevention and self management!



Women's Health in the digital space



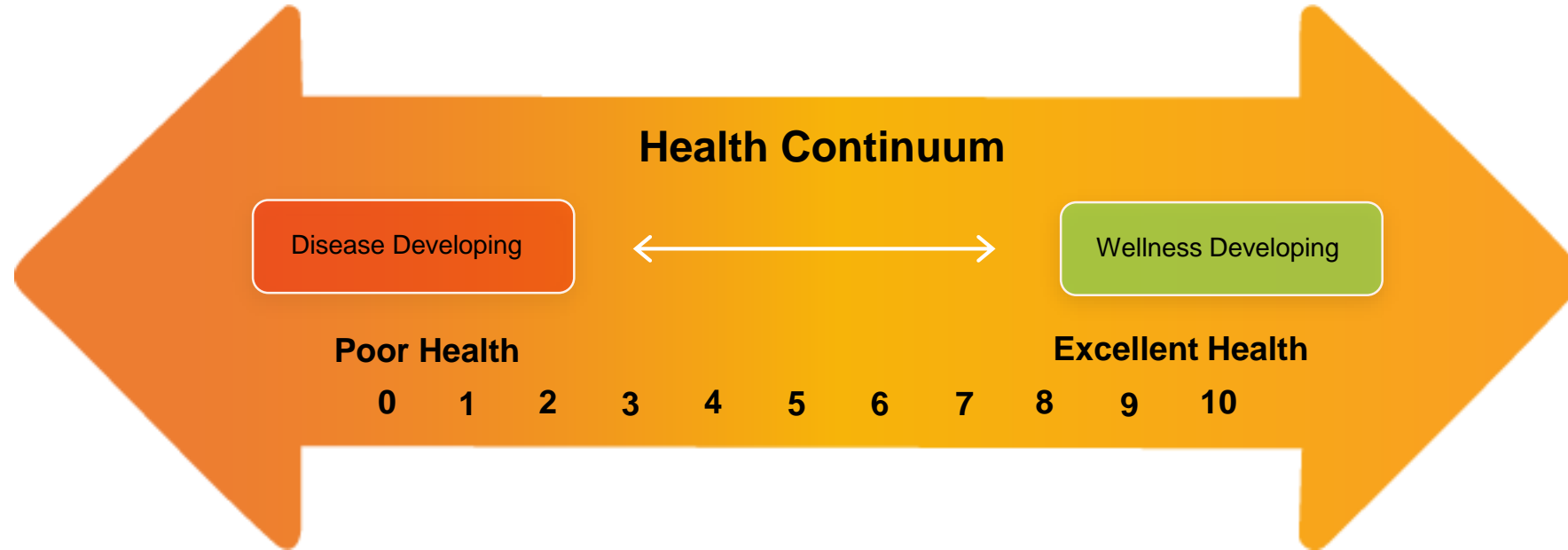
- **Address geographic barriers**
- **Better triage**
- **Specialist consultation**
- **Share knowledge**
- **Self-Management**

Working together for the future!



My Viva Plan

Self-care is healthcare!



SELF-CARE

50% of Adults Live With at Least 1 Chronic Health Condition



Global Cost
\$3.3T
Annually*



- The way we deal with chronic disease is **fundamentally wrong**. 99% of care happens outside the clinic **WITH**
- Both the patient & clinician as a team **BUT**
- Patients are not given a personalized care plan to manage their health at home because clinicians have no time to create them

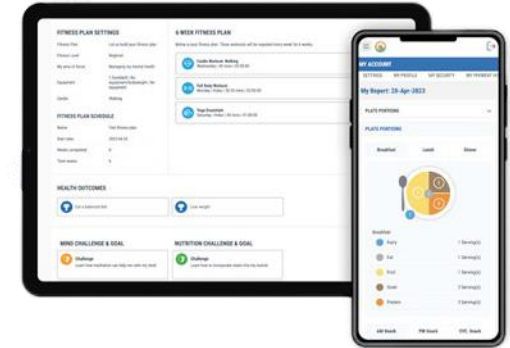
*Obesity, diabetes, heart disease, mental health conditions, cancer, arthritis, and respiratory illnesses are the top non-communicable diseases globally and cost ~\$3.3T to treat annually

My Viva Changes The Patient-Clinician Relationship

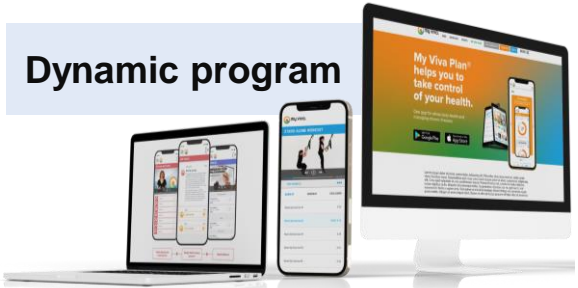
✔ Evaluates lifestyle habits



✔ Automatic creation of personalized care plan



✔ Dynamic program



✔ 24/7 plan to manage health at home alongside healthcare team



✔ Holistic care plan

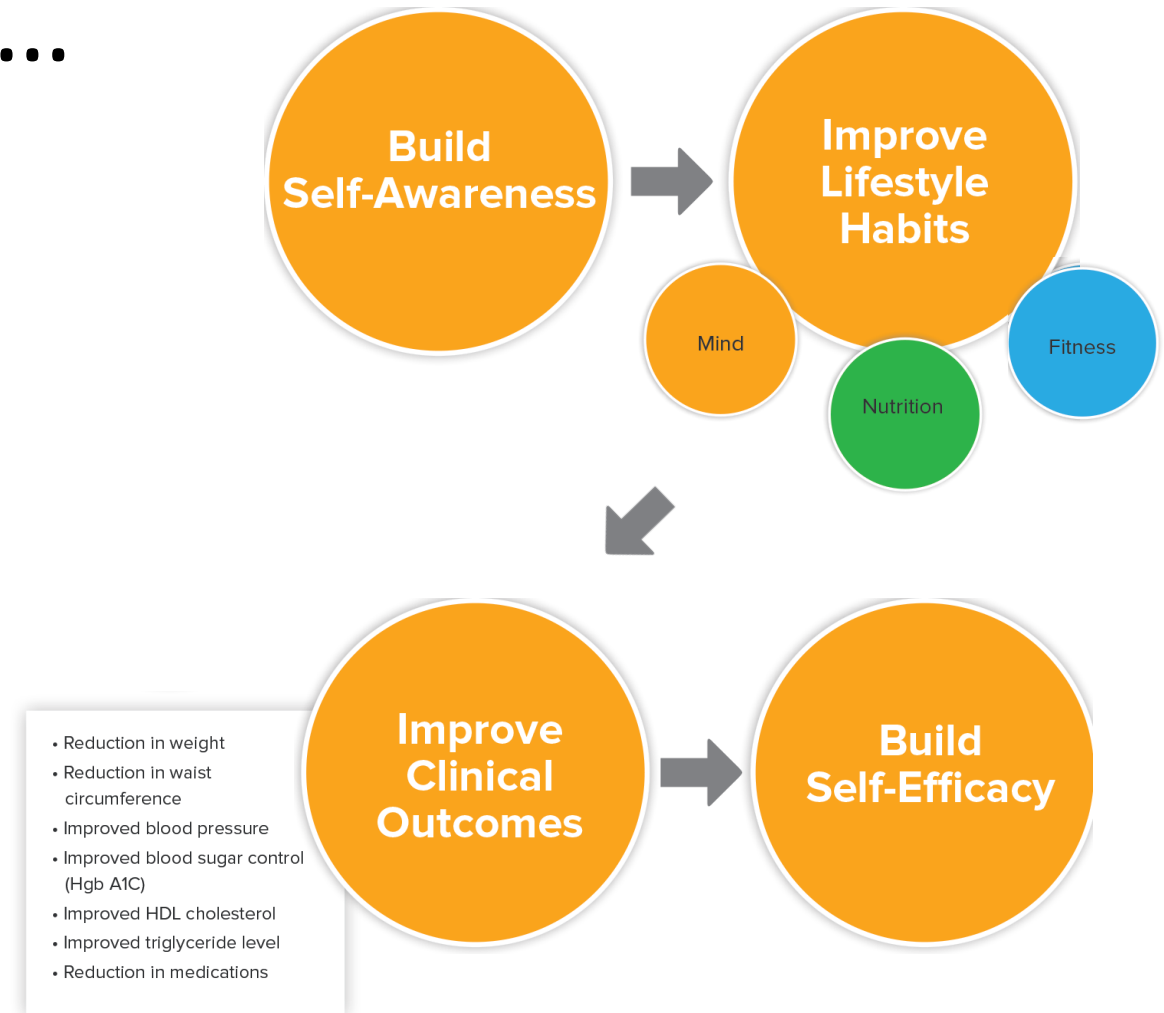


Drives accountability for patient self-care and efficiency for the healthcare team



Build Self-Efficacy and...

- When individuals build self-awareness about how they are feeling and behaving, they improve their lifestyle habits
- Regardless of whether a woman improves 1% or 100% of their lifestyle habits, it results in improved clinical health outcomes

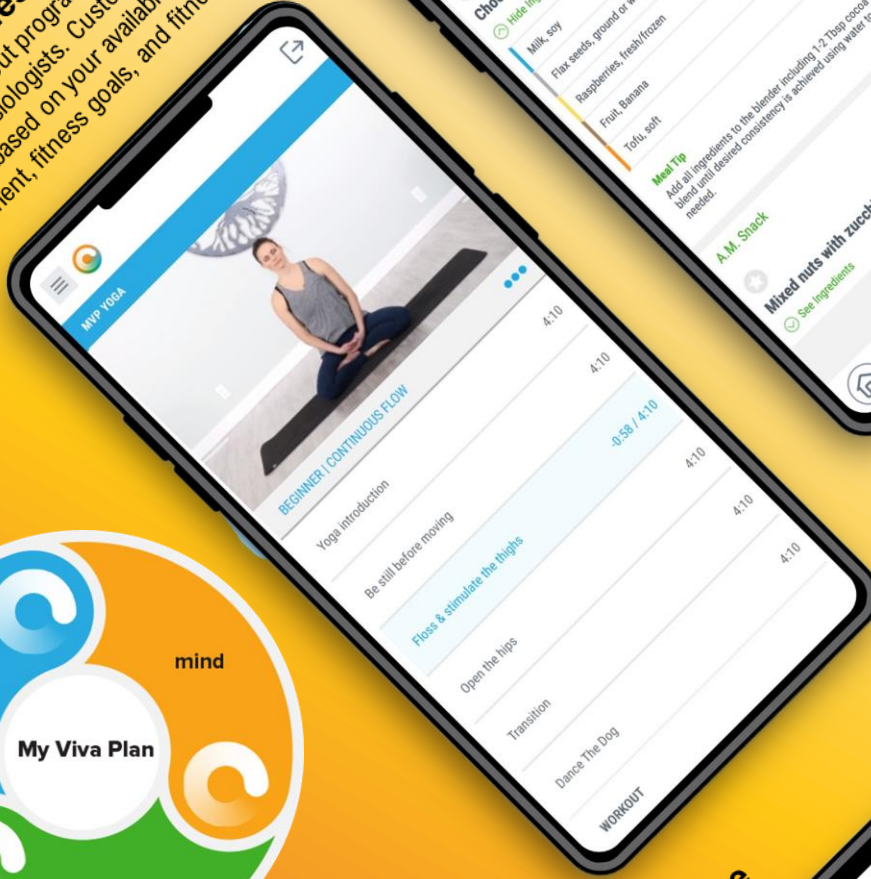


...Build sustainable lifestyle habits



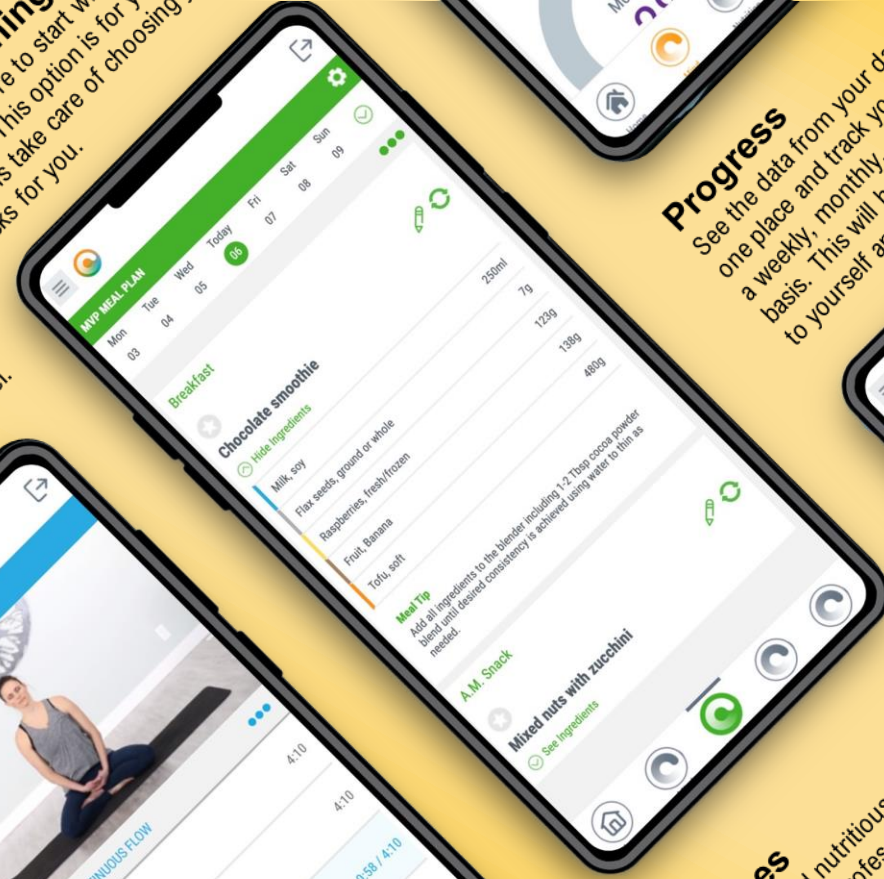
6 Week Fitness Program

A 6 week workout program curated and built by kinesiologists. Customize your program based on your available equipment, fitness goals, and fitness level.



Meal Planning

Not sure where to start with planning? This option is for you. Dietitians take care of choosing snacks for you.



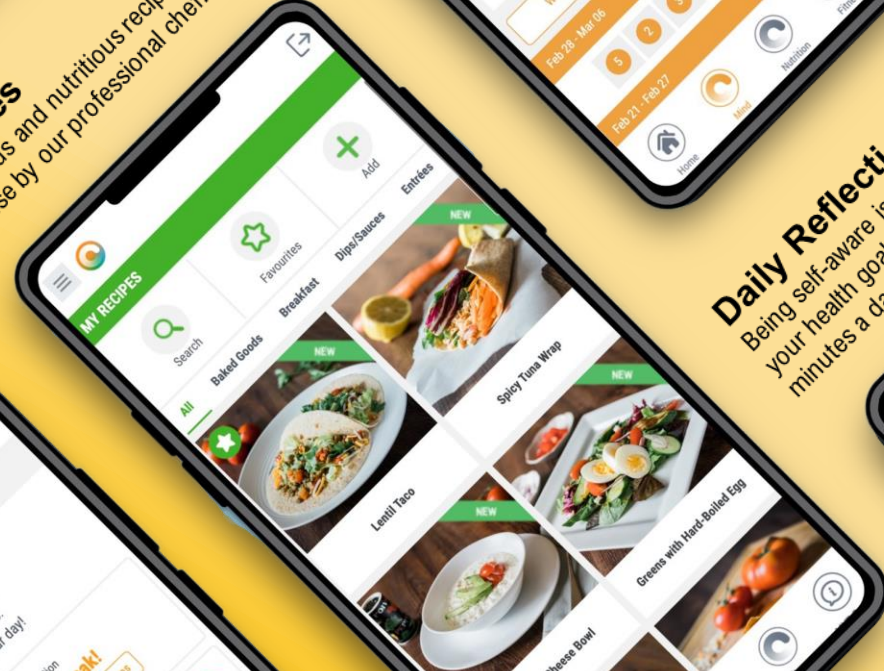
Progress

See the data from your daily reflections, one place and track your performance on a weekly, monthly, quarterly, and yearly basis. This will help keep you accountable to yourself and focused on your goals!



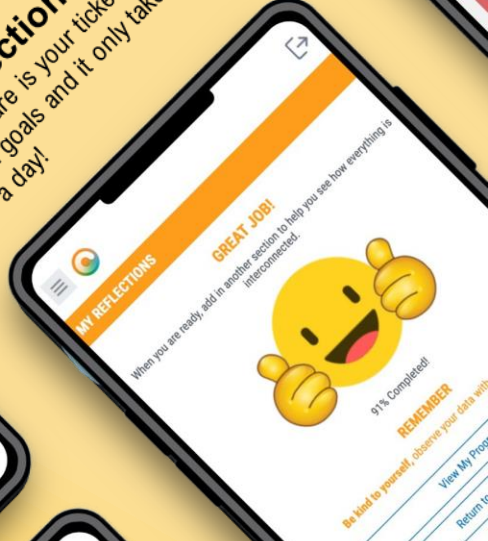
Recipes

Delicious and nutritious recipes created in house by our professional chef.



Daily Reflections

Being self-aware is your ticket to achieving your health goals and it only takes 2-3 minutes a day!



Weekly Coaching Series

Our team of coaches have created the coaching videos series. You will receive a weekly coaching video that you can watch Anytime you need a little inspiration!





Women's Health call to action



- **Stand up – Shout out!**
- **Challenge Government**
- **Promote Community Care**
- **Collaborate and inform**

EMPOWER WOMEN!

Join the movement for women's health!



WOMEN'S HEALTH MATTERS

Let's talk about it!

Better conversations, for better health, in homes, schools, workplaces and communities.

Women's
HEALTH COALITION

www.TheWHC.ca