

# Digital Health Platform

## Chapter Three: Nora's Story

VA's Digital Health Platform (DHP) is at the heart of every stage of this Veteran's experience: the liberation of her data, the implementation of her care plan, the integration of her clinical encounters, and, ultimately, the delivery of a healthy baby girl.

### Meet Nora, a graphic designer, aspiring mother, and Iraq war Veteran.

Nora's medical data is part of VA's DHP, automatically imported after she transitioned from her Combat Systems Operator position in the Navy. She is generally healthy aside from her struggles with mild depression, asthma, and a genetic predisposition to obesity.

Nora receives her routine care through the VA Women's Health Primary Care Physician, or PCP. Her Care Plan includes nutritional counseling and exercise guidance in a supporting effort to reverse the obesity.

Nora is seen by VA Mental Health for her ongoing battle with depression. Because she cannot always spend time traveling to clinics, she has a Mobile First Program that allows for telemedicine visits with her physician or psychologist without ever leaving the house.

Nora is trying to start her family, and has been trying to become pregnant for six months. She has been experiencing fertility difficulties that Nora's PCP suspects may be due to her obesity. An initial round of lab testing and ultrasound workup is ordered, and no abnormalities are shown in the results. Her PCP is able to put her on a diet and weight loss regimen, and two months later, she becomes pregnant.

Throughout her pregnancy, Nora experiences different complications relating to gestational diabetes, and even a reduced fetal movement scare. She is referred to VA endocrinology and Maternal Fetal Medicine (MFM). Even though MFM is an outside clinic, the structured data flows back-and-forth between the clinic and her VA PCP. Nora is able to reach out to her medical team through her mobile app instead of having to visit an emergency room.

Nora gives birth to a healthy baby girl, and DHP continues to facilitate seamless care for Nora and her baby. This is our vision for the future of care for our Veterans..

