

After an injury, early and effective rehabilitation is very important. During the outpatient visit or hospitalizations, patients receive a lot of information and are still under the impression of the injury, so they do not fully absorb the instructions for independent rehabilitation. We created a user-friendly and simple support tool that patients can use according to their abilities.

Who we are (key actors):

- General Hospital Jesenice — healthcare organisation.
- MedTech, Chamber of Medical Technology and Services within the Chamber of Commerce and Industry of Slovenia — innovation and cluster partner.
- Ecosystem partners include surgeons, therapists, patients, members of the medical technology industry and payers.

What do we do in the LivingLab?

We co-create practical digital guidance with patients and clinical teams in real settings, to ease pressure on staff and make recovery at home safer.

Our first tested solution:

A Digital Health App: HealthLord

A clinician-approved digital app with clear exercise videos, instantly accessible via a QR code on discharge materials. No registration required.



What is Value-Based Healthcare (VBHC)?

- Value-based healthcare means maximizing the health outcomes that matter to patients for every euro invested across the whole care pathway.
- In practice, we define and measure outcomes that patients care about (for example, recovery, independence and quality of life).
- We improve the entire pathway from first contact to long-term follow-up, not only single appointments.
- We co-create and test solutions in real settings, then scale what delivers better outcomes for the cost.

HARD FACTS about our LivingLab so far:

- **Developed and tested solution: Digital Health App: HealthLord**
- **More than twenty patients participated in the pilot; feedback was consistently positive.**
- **Quick response code access with no registration proved crucial in the first days after injury; the hospital treats nearly one hundred injury cases daily.**



BENEFITS — Why this LivingLab matters

- Patients practise more often and feel reassured they are exercising correctly.
- Staff spend less time on repeated explanations; hospitals reduce paper use and standardise instructions.