

IMPROVING MATERNITY CARE WITH DIGITALISED CARE PLANS

FRISQ and Aleris have together with Aleris-owned BB Stockholm and Ultragyn entered into a collaboration to implement a digital, interactive care plan in order to strengthen the collaboration between the prospective parent couple, the midwife clinic and the delivery unit. The ambition of the project is to streamline resource utilization through modernized working methods and to simplify and improve the care journey for both the pregnant woman and the care staff.

Maternity care is facing major challenges and needs to find new ways of working for the pregnant woman to receive the care she needs and expects. Therefore, the Swedish healthtech company FRISQ and Aleris, one of Sweden's largest private care providers, are initiating a collaboration to establish a more digitalized and automated care flow based on the pregnant woman's individual needs. The ambition with the digitalization is to ensure that the pregnant woman is well-informed and involved in her care, to achieve increased quality in the care offered, and to relieve the midwife with tasks that the woman can, and often wants, take responsibility for herself.

“With a systematized and digitalized way of working, we believe that we can create better conditions and increase participation in care for the pregnant woman and at the same time ease the work for the midwife. The digital care plan creates a common foundation and ensures that basic programs and regional guidelines are followed in a safe way based on individual needs, which is completely in line with the region's work on standardized care processes. The fact that the care recipient becomes an active co-producer also relieves the hard-pressed maternity care”, says Åsa Edberg, CEO of Aleris Ultragyn.

A digital care plan as a common basis

Through the use of the software solution FRISQ Care, a digital care plan is created and shared by the pregnant woman, the midwife and the delivery team. The pregnant woman gets a good overview of her care plan directly in the mobile phone or in any other digital device and can also take part of information and answer questions in a digital and user-friendly way during the journey. The midwife can be sure that the care plan follows the regional guidelines that apply to care during pregnancy. At the same time, the care plan can easily be adapted to individual needs, for example for women with a high BMI or fear of childbirth. By making the pregnant woman more involved in the process, for example by answering questions digitally before her midwife meeting instead of in the meeting, time is freed up from the midwife.

“We need to rethink the system for how health care is delivered. FRISQ Care enables a completely new way of delivering care that creates value for staff, care providers, care recipients and the society. We are convinced that many care recipients can and want to be more involved and active in their care and maternity care is really an area where we believe that a digital care plan as a common foundation can provide a significantly better patient experience while contributing to a better working environment for midwives and care system where resources are used in the best possible way”, says Casper Winsnes, Head of Innovation at FRISQ.

About Aleris Ultragyn

Aleris Ultragyn, which has been around for over 30 years, is a major player in gynecology in the Stockholm Region and conducts operations in the choice of care Midwife surgery, Obstetric ultrasound clinic and Specialized gynecology with outpatient clinic, day surgery, qualified gynecological ultrasound and abortions. More than 60 employees work here and in 2021 the operations received approximately 46,000 visits. The midwife clinic employs 7 midwives and specialists in obstetrics and gynecology. In 2021, the midwife clinic followed 454 women during their pregnancies.

About BB Stockholm

BB Stockholm conducts activities in health and medical care during pregnancy, childbirth and child health care as well as contraceptive counseling, cytological sampling and a youth clinic. The business is co-owned by Aleris and Danderyd Hospital.

About Aleris

Aleris is one of Scandinavia's leading private healthcare companies. We conduct specialist healthcare and diagnostics at almost 130 locations in Sweden, Norway and Denmark. Our 5,100 employees go to work every day to provide patients and clients with close and accessible specialist care with high quality.

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About FRISQ:

FRISQ is a healthtech company built on the conviction that the quality of the care you get should not be dependent on your ability to navigate a complex system and constantly evolving treatments. The software solution [FRISQ Care](#) enables the creation of personalized, digital care plans that facilitate collaboration and secure information sharing between care teams, doctors and patients through the same platform.

Since 2016, FRISQ has been listed on Nasdaq First North Stockholm under the symbol "FRISQ". FNCA Sweden AB is FRISQ's Certified Adviser and can be reached via the following contact information: +46 8 528 00 399, info@fnca.se

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For more information, please visit: www.frisqholding.se

Attachments

[Improving maternity care with digitalised care plans](#)