



ASRM 2024

Equity, Access, and Innovation



Use of a Digital Health Platform to Maintain Workplace Productivity while Trying to Conceive

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Disclosures & Acknowledgements

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- All authors are employees of, and have equity options in, Maven Clinic



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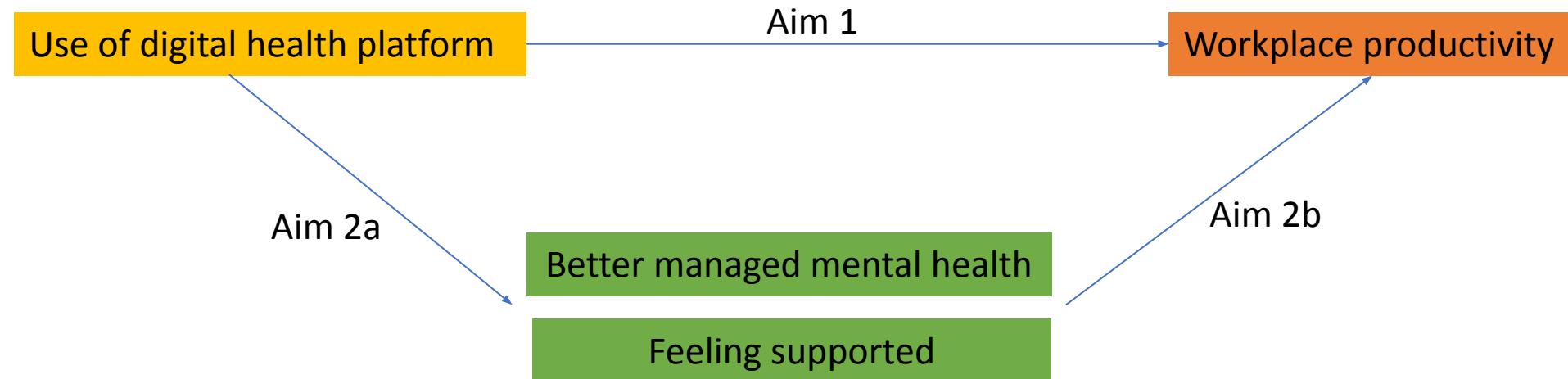


Background

- Regardless of infertility status, trying to conceive (TTC) can be associated with anxiety, information seeking, and healthcare appointments.
- These experiences while TTC contribute to reduced workplace productivity
 - Presenteeism
 - Absenteeism (especially if undergoing fertility treatment)
- Reduced productivity is costly to employers
 - E.g. avg. cost of lost productivity for people undergoing treatment is \$648/cycle (Bouwmans et al, 2008)

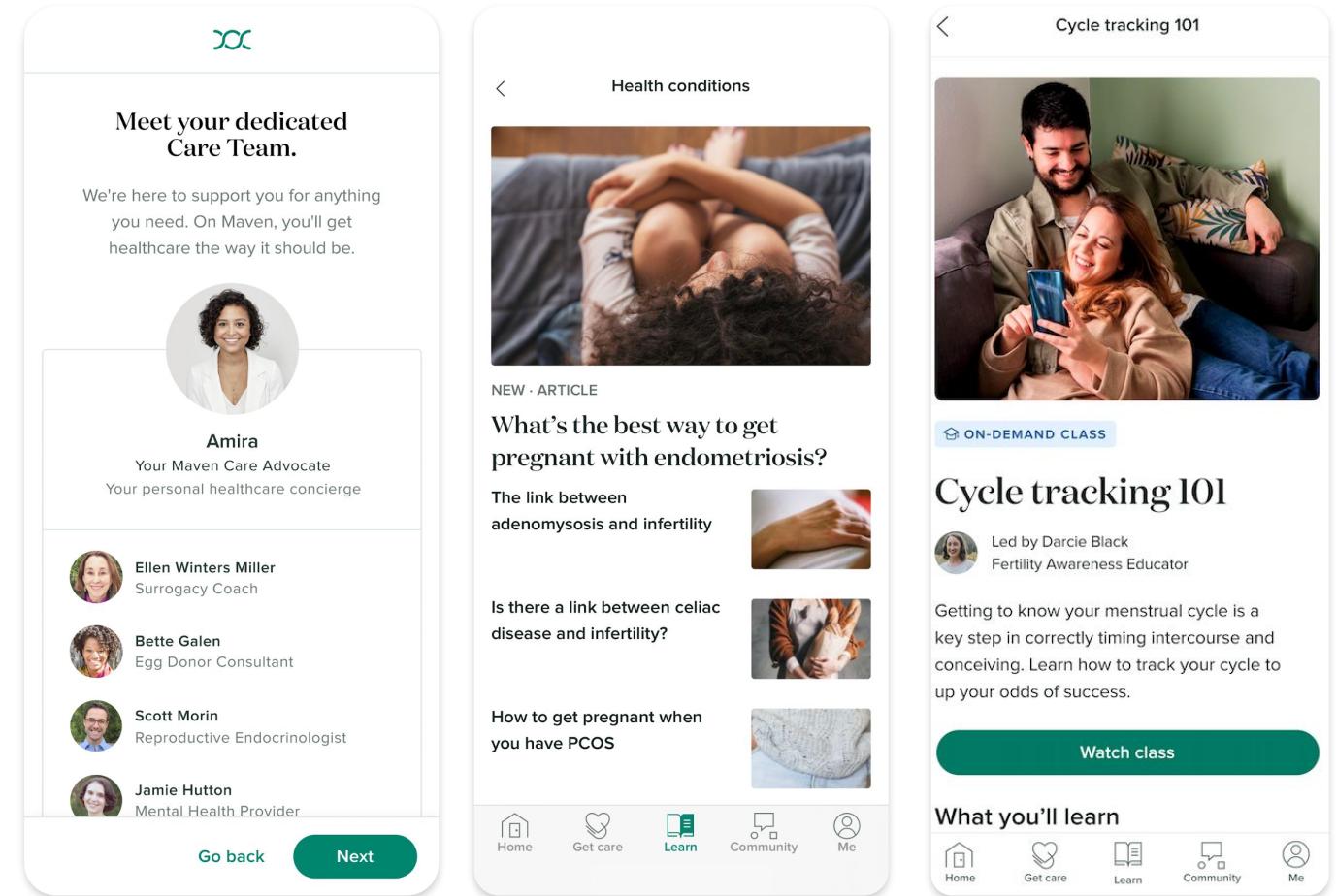
Use of a comprehensive digital health platform and productivity while trying to conceive (TTC)

- Receiving digital health support while TTC may improve productivity
 - Reduce time away from work to seek information and receive care
 - Reduce anxiety through education and support



The digital health platform

- Comprehensive women's & reproductive health platform
 - Continuous access to education on reproductive health and conception
 - Messaging and video appointments with providers
 - Personalized care navigators
- Benefit through employer or health plan
 - No cost to users



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Health conditions

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Methods



Study population

- Platform users in the conception program (with and without infertility)
- US users only
- Limited to those who completed all relevant questionnaires

Data

- Demographics and medical history
- Outcomes collected after 6 months in the program or upon conception
 - **Productivity:** Platform helped me maintain or improve productivity at work
 - **Mental health management:** Platform helped me manage my anxiety or depression
 - **Support:** Received excellent support from the platform
- Time engaging with the platform (tracked in the app)

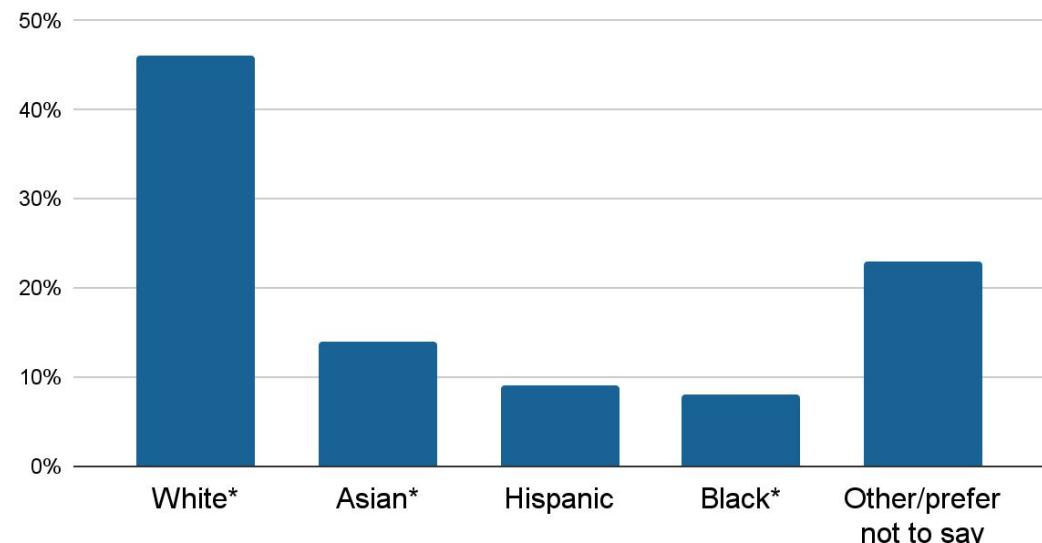
Analysis

- Descriptive statistics
- Multivariable logistic regression adjusting for users' age, Social Vulnerability Index, parity, medical conditions, and occupational industry

Results

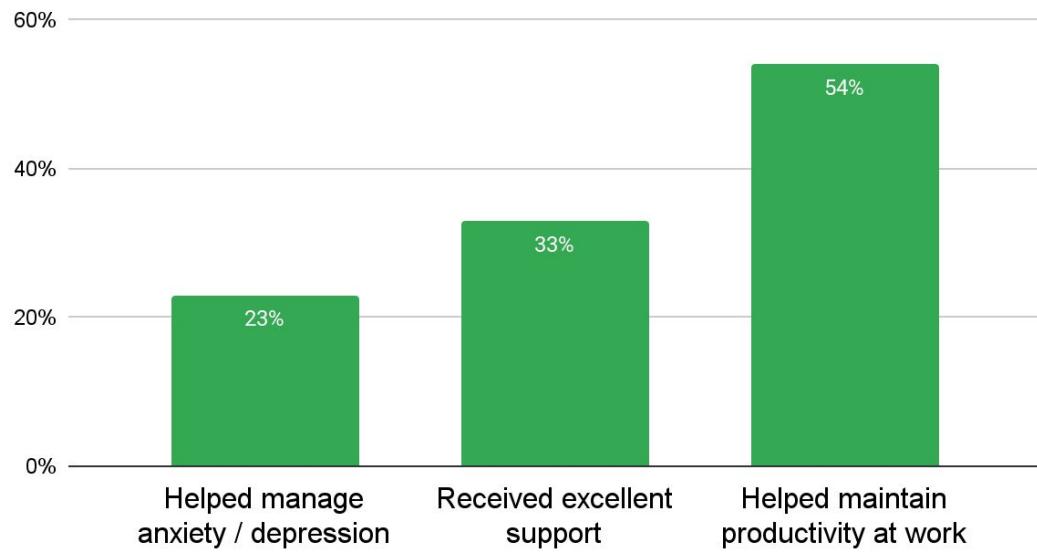
- N = 1136
- Mean age [SD] = 34.1 [5.15]
- Nulliparous = 64%
- Mean hours on platform [SD] = 2.3 [3.6]

Race and Ethnicity

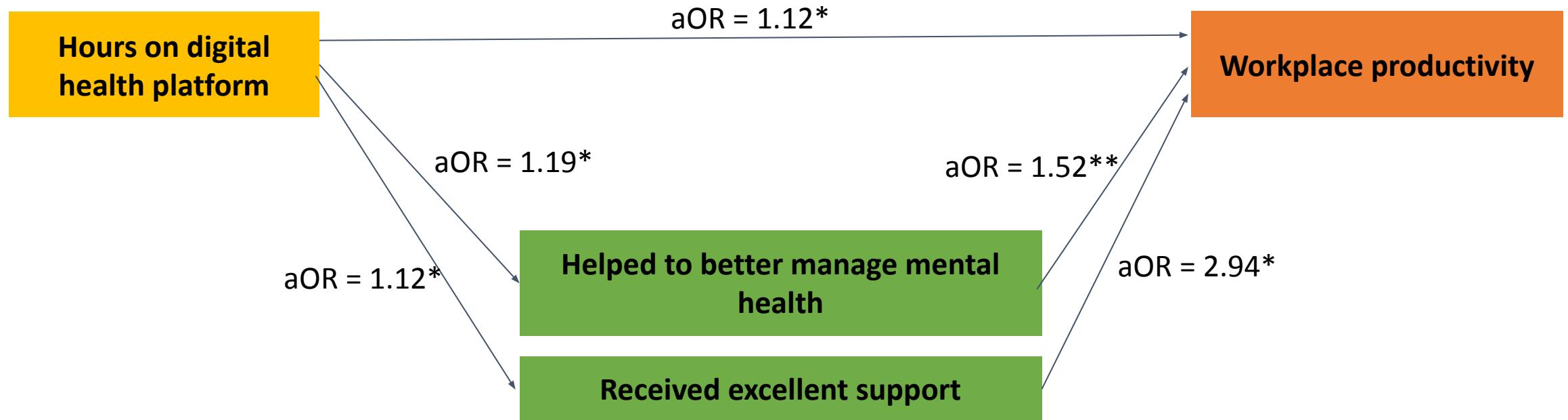


* non-Hispanic

Perceived Benefits of Digital Health Use



Fertility Workplace Outcomes



* p-value < 0.001.
** p-value < 0.05.



Conclusions

- A comprehensive digital health platform can help people maintain workplace productivity while trying to conceive, regardless of infertility status.
- Employees may be more productive when they better manage their mental health and feel supported.
- Digital health platforms may support productivity by reducing time spent away from work seeking information and attending in-person health appointments.

Providing holistic, digital health benefits to employees who are trying to conceive may improve the well-being of workers and benefit the employer by reducing costs associated with reduced productivity.

Appendix

Associations between digital platform use, mental health management, support, and workplace productivity*

| | Aims | AOR ^{a,b} (95% CI) | p-value |
|--------|--|--------------------------------|---------|
| Aim 1 | Association between hours on the platform and maintained productivity | 1.12 (1.05, 1.19) | <0.001 |
| Aim 2a | Association between hours on the platform and better management of mental health | 1.19 (1.13, 1.26) | <0.001 |
| | Association between hours on the platform and feeling supported | 1.12 (1.07, 1.18) | <0.001 |
| Aim 2b | Association between better management of mental health and maintained productivity | 1.52 (1.05, 2.22) | 0.029 |
| | Association between feeling supported and maintained productivity | 2.94 (2.07, 4.23) | <0.001 |

*All of these AORs were displayed in the outcomes conceptual model on slide 9. This appendix includes their confidence intervals and p-values.

^aaOR = adjusted odds ratio, CI = confidence interval

^b Multivariable logistic regression models adjusted for user's age, SVI, presence of mental health conditions, medical conditions, parity, and occupational industry