



MEDIA RELEASE

NexJ Connected Wellness Improves Quality of Life Among Prostate Cancer Survivors Through Personal Peer Support

Toronto, Canada | March 5, 2020 - NexJ Health Inc. (NexJ Health), a provider of advanced virtual care for chronic disease prevention and management, today announces pilot results from the TrueNTH (*"True North"*) Peer Navigation program, a one-on-one support program for prostate cancer survivors, aimed at improving the health outcomes of men with prostate cancer and their partner/caregiver. Through the program, prostate cancer survivors act as Peer Navigators for men who have been diagnosed with prostate cancer, while experienced caregivers act as Caregiver Navigators mentoring patient supporters. With as many as 1 in 9 Canadian men diagnosed with prostate cancer in their lifetime, the Peer Navigation program provides much needed one-on-one support for the unmet information and emotional needs of prostate cancer patients and family caregivers.

Through NexJ Health's virtual care technology, NexJ Connected Wellness, participants and caregivers are matched with a prostate cancer survivor or caregiver and offered the option of receiving support online, by telephone, or in person. Peer and Caregiver Navigators work with participants and caregivers to identify their needs and barriers, empower them by helping to identify their own strengths, abilities, and coping mechanisms, discuss experiences, and validate feelings and concerns. Individuals serving as Peer and Caregiver Navigators in the program undertake a six week competency-based training course, the first such training program in Canada.

Results of the pilot program run through the Princess Margaret Cancer Centre in Toronto and the University of British Columbia School of Population and Public Health in collaboration with BC Cancer Agency in Vancouver show significant improvement in prostate cancer quality of life ($p < 0.001$), informational support ($p = 0.03$), practical support ($p = 0.045$) and patient activation ($p < 0.005$) as reported by patients.

Patients, caregivers and peer navigators were highly satisfied with the program. The one-on-one nature of the program was felt to be an important differentiator, with meaningful interactions key to satisfaction and perceived benefit. Participants also reported that receiving support from a Peer Navigator helped fill unmet practical, informational and emotional support needs, instilled hope and confidence, and reduced isolation.

CHANGING THE FACE OF MEN'S HEALTH



“The uniqueness of the Peer Navigator program through TrueNTH is that you are paired with one person and you continue meeting that person and interacting with that person right through (their) prostate journey... Anytime you’re feeling down or you feel like you need some information or you need to make a decision about something, you know there’s someone you can call up – that person’s trained, has all the resources at their fingertips, and they’re able to help you immediately,” says one Peer Navigator Program Participant.

“Numerous reports indicate that many prostate cancer patients have significant unmet needs when it comes to emotional support and getting enough information, and often don’t know where to turn for help.” Says Dr. Jackie Bender, Co-Lead, TrueNTH Peer Navigation Program. “Through the TrueNTH Peer Navigation program, we have successfully empowered men and their caregivers to access support services while bolstering their coping skills and confidence in self-managing.”

“It’s a great place to find someone to talk to that is going through what you’re going through. It’s a great place to find answers to a lot of your questions especially when you’ve got your first diagnosis,” a Peer Navigation Program Participant states.

“Cancer is a terrible burden to bear alone or without adequate support,” says William M. Tatham, NexJ Health’s Founder & Executive Chair. “With a Peer Navigator in their circle of care, each participant on NexJ Connected Wellness can receive the information and emotional support they need throughout their cancer journey. We are very pleased to have worked with the Princess Margaret Cancer Center and UBC in collaboration with the BC Cancer Agency in this project funded by Movember.”

“We’re so pleased to see such promising feedback and primary results from the TrueNTH Peer Navigation program in Canada,” says Kellie Paich, Global Director of Clinical Quality & Survivorship. “At Movember, we are committed to funding programs like the Peer Navigation program with partners like NexJ. These programs make a difference in the lives of prostate cancer patients all across Canada, helping patients and their caregivers to access the support, education and guidance they need to assist them through a challenging and emotional experience.”

If you are a prostate cancer survivor or caregiver interested in peer support or becoming a navigator, please visit the Peer Navigation site to register: <https://peernavigation.truenth.ca/>

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About NexJ Health

NexJ Health Inc. is a provider of patient-facing population health management solutions that deliver patient engagement for chronic disease prevention and management. At NexJ Health, we believe that



the most efficient and cost-effective way to offset the rise in chronic disease is to empower patients, with the support of their families, friends, and healthcare professionals, to actively participate in managing their own chronic condition(s). By engaging patients through NexJ Connected Wellness, we help to achieve healthcare's quintuple aim: improve the patient experience, improve population health, lower the per capita cost of care, increase provider satisfaction, and deliver business efficiency. For more information about NexJ Health visit www.nexjhealth.com, e-mail info@nexjhealth.com, or call 416-227-3700.

About Movember:

Movember is the leading global men's health charity working to change the face of men's health. The charity raises funds to deliver innovative, breakthrough research and support programs that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects focusing on prostate cancer, testicular cancer and suicide prevention. In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. The charity's vision is to have an everlasting impact on the face of men's health. To donate or learn more, please visit Movember.com.