

Curava for Clinicians & Health Systems

Home-based, oncology-specific movement support between visits

Survivorship Gap



Cancer survivors often leave active treatment with high fatigue and symptom burden, but limited access to rehab and low adherence to exercise guidelines mean many never receive structured, oncology-specific movement support—despite strong evidence for its benefit. Most centers do not have dedicated exercise physiologists, and even where programs exist, travel, scheduling, and capacity constraints make it difficult to extend support into daily life at home. The result is a persistent gap between guideline-level recommendations for physical activity and what survivors can realistically do between visits.

Curava's Role in Care

Curava sits between visits as a home-based, low-burden movement and lifestyle platform designed specifically for people during and after cancer treatment. It extends survivorship support without adding meaningful workload for clinicians or staff by guiding patients through gentle, symptom-aware activity plans that reflect major exercise-oncology recommendations. Curava is intended to complement—not replace—existing rehab, survivorship, and behavioral health services.

Why is Preventative Healthcare Important?

- Structured, guideline-informed exercise and light lifestyle modules tailored to diagnosis, treatment phase, baseline function, and key symptoms (for example, fatigue, neuropathy, or cardiopulmonary limitations).
- Built-in safety rules and red-flag logic that adjust or pause plans based on patient-reported symptoms, helping survivors stay within safe parameters and recognize when to contact their oncology team rather than pushing through concerning signs.
- Simple summary views and patient-reported outcomes (such as fatigue, quality of life, and basic activity/adherence metrics) that can support clinic visits, survivorship care plans, and quality or value-based initiatives.

A concise evidence overview with references and links to key ACSM, American Cancer Society, and other consensus resources is available so clinicians can quickly review the underlying science without wading through lengthy texts.

Evidence Alignment

Curava's exercise and movement guidance is designed to reflect major exercise-oncology and survivorship guidelines, including recommended activity targets and the documented benefits of appropriately dosed physical activity on fatigue, function, and quality of life. Core principles include helping survivors avoid inactivity, progress gradually toward at least 150 minutes of moderate activity per week as tolerated, and incorporate strength training and functional movement tailored to their treatment status and comorbidities. The app's symptom-adaptive approach supports implementation of these recommendations in real-world settings where traditional supervised programs may not be available.

Implementation & Referral

Curava can start with small, clearly defined pilots in specific survivor cohorts—such as breast, colorectal, or hematologic malignancies—with agreed-upon outcomes like fatigue, quality of life, and basic activity or adherence metrics over 8–12 weeks. It can slot into existing survivorship pathways, rehabilitation referrals, or virtual exercise programs as a between-visit support tool rather than a separate clinic service, reinforcing what is discussed in clinic and providing structured follow-through at home.

Referral can remain simple—through clinic codes, invite links, QR codes in discharge packets or portals, or, where available, integrated workflows—so clinicians can connect patients to Curava without disrupting existing processes. As partnerships deepen, Curava can align with digital health or EHR initiatives so that high-level symptom and adherence trends can be viewed alongside standard survivorship documentation.

Next Steps

- Explore a pilot: Identify a small survivor cohort and 1–2 primary outcomes of interest.
- Integrate into pathways: Position Curava as a home-based complement to existing rehab or survivorship services.
- Get in touch: Contact us to discuss pilots, request the full clinician one-pager, or book a short demo.

Conclusion

Curava was built to close the survivorship gap by giving clinics a simple, oncology-specific way to support safe movement at home between visits. If you're interested in exploring how this could fit your pathways, we'd be glad to connect, share more detail, and co-design a small, focused pilot with your team.