

Healing begins at home.

Our work gives patients and providers an important alternative to the traditional hospital setting or rehabilitation stay by taking medical care into patients' homes. At Contessa, we enable provider organizations and health plans to deliver hospital, skilled nursing and palliative care to patients with non-life-threatening conditions in an environment that has proven to be safer and more affordable than a traditional hospital setting — the home.

OUR EXPERTS



TRAVIS MESSINA, MBA

Founder and CEO

Travis is passionate about treating patients in a setting that best fits their needs, which is often the home. He founded Contessa in 2015 to provide a new standard of healthcare for providers, payers and patients. Since its launch, the company has partnered with six health systems across the US and continues to grow.

Before Contessa, Travis built his career investing in healthcare ventures. He spent time at Martin Ventures, Vanguard Health Systems, Signal Hill Capital and SunTrust Robinson Humphrey.

EDUCATION

Vanderbilt University, Owen Graduate School of Management – MBA, Finance & Accounting (2008)

University of Georgia – BBA, International Business



MICHAEL NOTTIDGE, MD, MPH, MBA

SVP, Medical Director

Michael Nottidge, MD, MPH, MBA, understands that optimal health outcomes start with patient-centered care. As a practicing critical care and emergency physician with a passion for public health and safety, he brings a unique perspective to Contessa, where he's served a Medical Director since 2021.

His leadership ensures that Contessa's integrated care at home model delivers high-quality patient care and seamless processes for providers, all while creating value for health systems and health plans.

Prior to Contessa Dr. Nottidge practiced medicine full-time, most recently serving as the Medical Director of Critical Care at TriStar Centennial Medical Center in Nashville.

EDUCATION

Vanderbilt University, Owen Graduate School of Management, Executive MBA (2020)

The Johns Hopkins University School of Medicine, Multidisciplinary Critical Care Fellowship (2009)

The Johns Hopkins University School of Medicine, Emergency Medicine Residency (2008)

MedStar Good Samaritan Hospital, Internal Medicine Internship (2005)

The Johns Hopkins University School of Medicine, Tanager Patient Safety Fellowship (2004)

The Johns Hopkins Bloomberg School of Public Health, MPH (2003)

University of Ibadan and University of Ibadan College of Medicine, MB/BS (2000)

TOPICS

Finances/Operations

- Value-based care
- Reimbursement policy
- Costs of inpatient care
- Integrated delivery networks
- Bundled payments

Innovation

- The future of healthcare delivery
- Alternative sites of care
- Tech-enabled care
- Hospital staffing and capacity issues
- Pandemic response

TOPICS

Innovative Care Delivery

- Hospital care at home
- Skilled nursing care at home
- Palliative care at home
- Social determinants of health
- Health equity
- Optimal sites of care

Clinician Engagement

- Physician Burnout
- Technology adoption
- Clinical partnerships

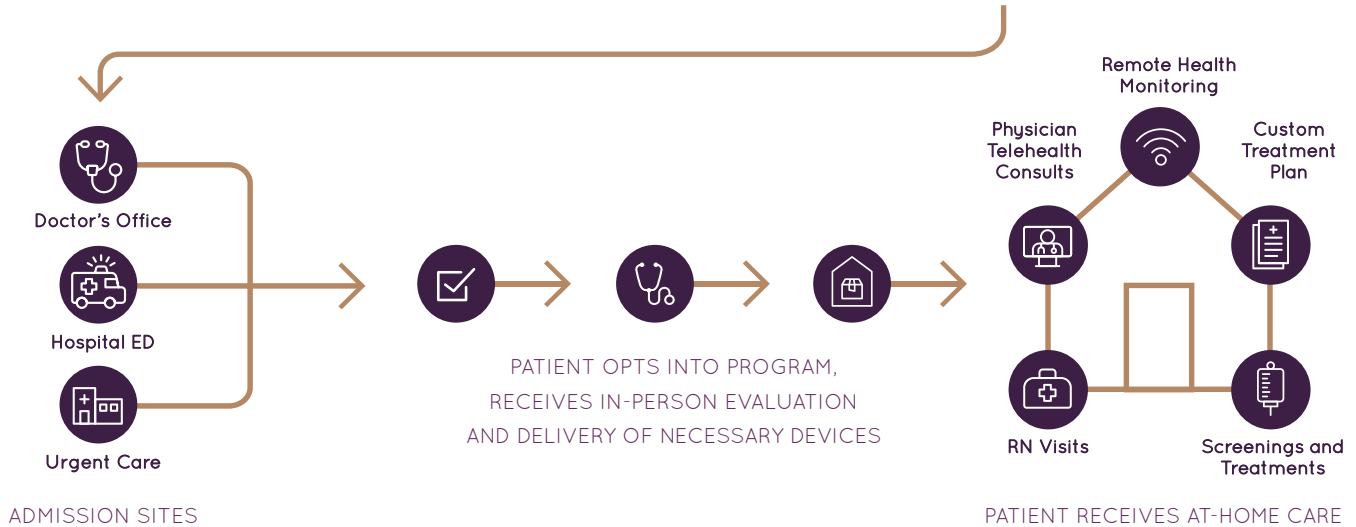
HOW OUR CARE MODEL WORKS



Contessa forms a joint venture with a partner health system and/or plan to deliver at-home inpatient care, under a locally known brand.



Before launching the program, we train appropriate medical staff members and ensure their understanding and compliance of our robust set of safety protocols.



CONTESSA'S OUTCOMES

↓35%
decrease in mean length of stay

↓44%
decrease in readmission rate

↑22%
increase in patient satisfaction

90%+
opt-in rate

MOST COMMON CARE CONDITIONS

A growing number of insurers are agreeing to cover patients to receive safe, hospital-level medical care in the comfort of their own home.

Today, the most common conditions Contessa covers include:

- Asthma
- Cellulitis
- COPD
- Dehydration
- Pneumonia
- Urinary tract infections
- Congestive heart failure
- Blood clots (including DVT and PE)

FEATURED COVERAGE



Covid Spurs Families to Shun Nursing Homes, a Shift That Appears Long Lasting



Hospital-level care at home can work and save money, research suggests



Inside Mount Sinai's hospital-at-home program



McKnight's Newsmakers podcast: Travis Messina, CEO, Contessa

