



**PCOS *Sisters***®

Telehealth Clinic & Wellness Center

PMOS Sisters™: An Evidence Based Practice

# Annual Impact Report

PMOS/ PCOS Healthcare Impact  
**2025-2026**

Advancing Access, Quality, and Innovation in Healthcare for women with Polyendocrine Metabolic Ovarian Syndrome (PMOS), formerly known as PCOS

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**Dr. Lynsey Johnson, DNP,  
APRN, FNP-C**  
CEO/Founder

# Reimagining PMOS Care

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# Letter from our Founder & CEO



**Dr. Lynsey  
Johnson, DNP,  
APRN, FNP-C**

PCOS Sisters Telehealth  
Clinic & Wellness Center

PCOS Sisters was born from both personal experience and professional purpose.

Like many women with PMOS/ PCOS, my own journey to answers was difficult. I know what it feels like to have symptoms dismissed, to see multiple providers, and to search for care that truly understands this condition. PCOS Sisters was created so women would not have to navigate that journey alone.

From 2022 to 2025, we grew into a specialized model of care built around access, education, telehealth, diagnostic support, and personalized treatment.

Our goal is to address PMOS as the complex, whole-body condition it is — affecting hormones, metabolism, menstrual health, fertility, mental health, energy, and long-term wellness.

As we look ahead, PCOS Sisters remains committed to reimagining PMOS care through earlier diagnosis, more accessible treatment, stronger metabolic and hormonal support, and innovation that meets women where they are.

***“PCOS Sisters was  
created so women  
like myself would no  
longer face barriers  
to PMOS/PCOS  
diagnosis and  
treatment”***

To every patient, provider, partner, and supporter who has been part of this journey — thank you.

**200%** 

Doubled state  
coverage from 5 to  
10

**7.6K+** 

New Patients  
served

**4.8** 

Patient satisfaction  
score

# Who we are & why we exist?

PCOS Sisters Telehealth Clinic & Wellness Center was founded in 2022 by Dr. Lynsey Johnson, DNP, APRN, FNP-C — a doctoral-prepared nurse practitioner, PCOS researcher, advocate, and woman living with PMOS/ PCOS.

We provide diagnosis, treatment, and lifelong care for women with Polyendocrine Metabolic Ovarian Syndrome, formerly known as Polycystic Ovarian Syndrome, offering telehealth services to reach women across the nation. **PMOS/PCOS affects 10–20% of women globally, has a 70% misdiagnosed/ undiagnosed rate, is the leading cause of infertility, and is strongly connected to obesity, diabetes, and cardiometabolic health. In fact, half of women with PMOS develop diabetes by age 40, 80% are overweight or obese, and 19% have an increased risk for cardiovascular event.**

For too many women, the path to care involves years of unanswered symptoms, long travel distances, multiple providers, and delayed diagnosis. **Women with PMOS experience delay in care with many waiting for 2 + years and seeing >3 providers before receiving diagnosis and treatment. PCOS Sisters exists to close that gap with same week convenient visits.**

Through telehealth-powered access, personalized treatment, diagnostic support, metabolic care, fertility preparation, lifestyle guidance, education, and community partnerships, we help women move from confusion to clarity — and from fragmented care to lifelong whole-woman support.

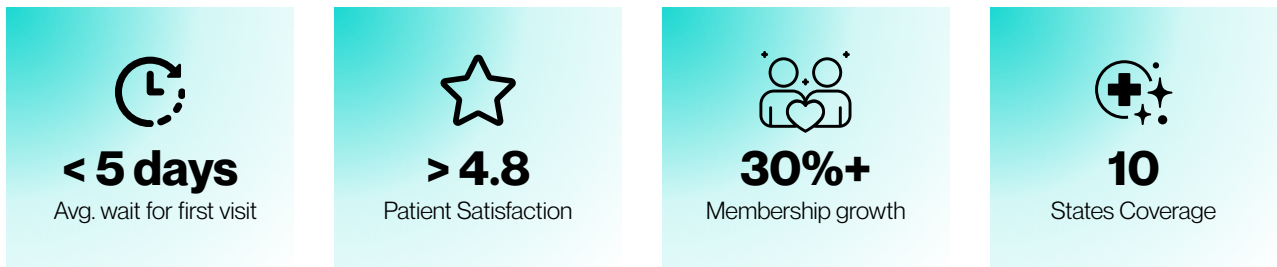


## Key Focus Areas 2026 :

- ✚ Expansion beyond 10 states
- ✓ Quality, safety, and patient experience enhancement
- ♥ Partnerships and Payor Expansion

# Impact by the Numbers

This slide highlights key performance metrics that reflect service quality, operational efficiency, and organizational growth throughout 2030.



## Net Promoter Score



Net Promoter Score, or NPS, measures how likely people are to recommend an organization, service, or experience to others. Scores range from -100 to 100, with higher scores showing stronger satisfaction, trust, and loyalty.

PCOS Sisters' NPS of 78% falls in the Excellent range, meaning our community is highly likely to recommend us. This is a strong sign that people value the support, resources, and experience we provide.

# Patient impact report

## ACCESS TO CARE

**97%**



Reported reduced wait time and travel

**98%**



Reported improved access to PCOS care

**48%**



Prior to PCOS Sisters, spent 1-3 years looking for a specialist

## CLINICAL IMPACT

**95%**



Improved menstrual cycle regulation

**96%**



Experienced improved mental health

**53%**



Experienced reduced unwanted hair with medication alone

**80%**



Lost 20 lbs or more

**76%**



Regained less than 5 lb after program completion

**98%**



Felt supported in positive lifestyle changes

**71%**



Experienced improved skin

**99%**



Found our program helpful for their fertility journey

**63%**



Experienced improved scalp hair loss

# Voice of the Patient

**Our patients' stories are the clearest reflection of our impact. Their words recognize the difference specialized, compassionate PMOS/PCOS care can make — helping women feel heard, understood, and empowered to move forward with confidence.**

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“ Dr. Lynsey is very knowledgeable about PCOS and was able to assess the best course of action in achieving my weight loss goals. Her labwork is very thorough and her recommendations in medications and supplements have had a significant impact on my 110lb weight loss journey. My skin is clearer and the unwanted hair has been growing slower than ever.

“ My whole experience has been amazing. Dr. Lynsey Johnson is very informative, helpful and caring. The app that she uses is user-friendly and has so many helpful reminders and encouraging level friendly workouts. I am excited to have found her practice online and look forward to the future.

“ I have suffered from PCOS all my life and never really got a hold of the situation until recently when I couldn't take it anymore. After extensive research online to find someone in my area that specialized in this to make sure I am doing everything to get my symptoms under control, I stumbled upon PCOS Sisters and am very grateful to have found Dr. Lynsey Johnson. After a quick phone call for a discussion of my medical history, she took me on as a patient and has been nothing but helpful in trying to help my condition! I highly recommend her and am very happy with the knowledge she has about PCOS and what I can do to take charge of my health.

# Innovations

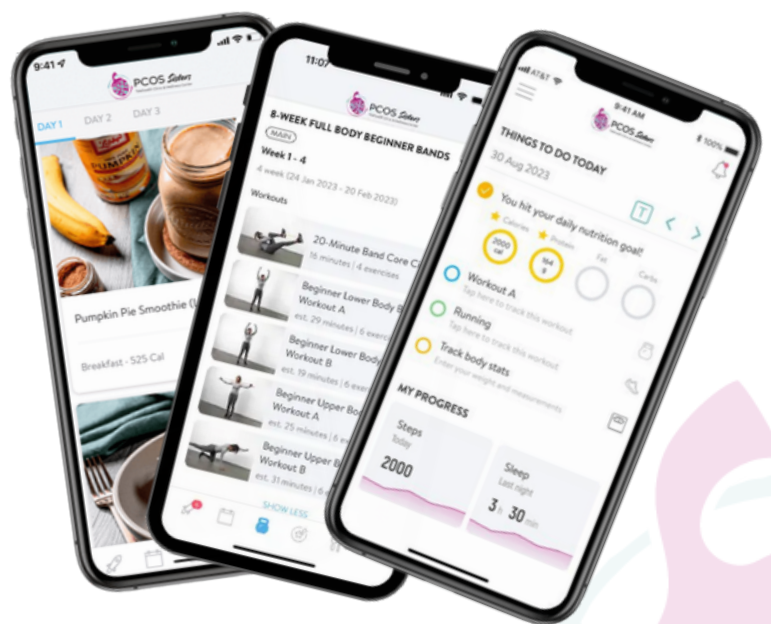
Build towards a brighter visionary future for women's health and women with PMOS.

- **The PCOS Sisters digital PMOS Screening & Self-Assessment Tool** – a digital screening Tool for both patient self-assessment and clinical use, designed to increase practice efficiency, streamline referrals, and reduce the 50–70% undiagnosed/misdiagnosed rate among women with PMOS.



- **PCOS/PMOS Metabolic Weight Loss Program™** – Metabolic optimization is achieved through a personalized PMOS exercise and diet plan with rewards and peer support combining medications with telehealth delivered lifestyle changes to produce long term results. Our program shows 76% regain less than 5 lbs and 80% lose 20 lbs or more. Our PMOS Specialized Nurse Practitioner and Health Coach will customize your unique workouts, which you can access online or through your smartphone.

- **PCOS Sisters App:** Private peer support group, customized meal plans, personal health coach, and workout regimens aligned with specific patient's needs, integrated with most wearable devices



**Dr. Lynsey Johnson, DNP,  
APRN, FNP-C**  
CEO/Founder

# Awards & Accolades

## Awards & Accolades

- 2025 Ignite Accelerator: Top 3 Finalist in Women Shaping the Future of Healthcare
- 2024 WHIS: Top 10 Finalist in Women's Health Startup Innovation
- 2023 Charm Health: Startup Finalist



2025 Ignite Accelerator Winner



# The PMOS/ PCOS Care Ecosystem

Building strong collaborations with key stakeholders to enhance healthcare quality, research, and innovation.

## Collaborative Network

### B2B Partnerships:

- Luna Joy-Women's mental health telehealth platform
- PCOS Challenge-Est. PCOS Trailblazers 5K to increase PCOS Awareness
- Icarebetter-a platform serving women with endometriosis and pelvic pain
- Expanded our electrology hair removal partnerships to Beverly Hills Hair Free & Bare No Hair
- Kindbody-Reproductive Endocrinology & Infertility groups

## Advocacy



PCOS Advocacy Day

## Research

PCOS Community Research Collaborator with Emory University: Conducted research in collaboration with Emory University Nell Hodgson Woodruff School of Nursing entitled “Weight Loss Effects of Semaglutide in Combination with Lifestyle Changes in obese PCOS patients utilizing a Telehealth Delivery Model”. This early program evaluation study was presented at the 23rd International AE-PCOS meeting (2025).

## Community



PCOS 5K 2024 - Orlando, FL



PCOS Trailblazers 5K 2025 - Atlanta, GA in Partnership with PCOS Challenge: The National Polycystic Ovary Association

# Looking Ahead with Gratitude

We express our sincere appreciation to patients, healthcare professionals, partners, and stakeholders for their continued trust and collaboration throughout 2026.

Together, we remain committed to building a healthier future through innovation, compassion, and excellence in healthcare delivery.

## Contact Information

### Website

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**Let's collaborate for better PMOS/  
PCOS care nationwide.**