



The Health for America (HFA) at MedStar Health fellowship inspires the best and brightest young professionals to tackle the nation’s most pressing health challenges through innovation. HFA is embedded in MedStar Institute for Innovation to make a difference on three levels: motivating next-generation leaders to focus on health; creating novel solutions that improve health outcomes; and increasing innovation capacity in the health system.

## OVERVIEW

HFA is building a cadre of young innovators. An interdisciplinary team of four fellows, who are within three years of having earned an undergraduate degree, is chosen each year to work together full time for 11 months on an assigned health challenge. Hundreds apply for this unmatched opportunity, resulting in a one to two percent acceptance rate.

The program is structured into three phases—*exploration, ideation and implementation*—to ensure the fellows maximize learning, identify opportunities and build a novel health solution. Through experiential learning and a rigorous curriculum, they develop actionable skills and knowledge across **four program pillars**:

**HEALTH:** HFA provides insights into the uniquely complicated, highly regulated healthcare ecosystem, which requires innovators to navigate complex business models, a multitude of stakeholders and clinical validation.

**ENTREPRENEURSHIP:** HFA offers comprehensive training in lean startup principles and other creative techniques that are essential to innovating in highly complex care delivery systems requiring scientific knowledge.

## RESULTS

Since its inception in 2012, HFA has trained 15 young innovators, attracted supporters across the nation and developed three novel health solutions. These have included a game design challenge to benefit children with asthma, a low-cost remote monitoring solution for heart failure patients, and a food delivery and education service for individuals with diabetes and prediabetes.

## GET INVOLVED

HFA continually expands its network of faculty, mentors, donors, partners and future fellowship candidates.

For more information, visit [HealthForAmerica.org](http://HealthForAmerica.org) or contact:  
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2016 to 2017 HFA fellows (Katia, King, Stephanie, and Michael) at startup incubator 1776 in Washington, D.C., where MedStar is a Founding Partner.

**DESIGN:** HFA fellows learn how to leverage design thinking techniques (e.g., shadowing, prototyping) to build solutions “with and not for” end users, incorporating their input and improving care outcomes.

**LEADERSHIP:** HFA facilitates the development of individual leadership skills, provides a toolkit to develop and achieve goals and assists fellows in creating a compelling personal brand.