



FREQUENTLY ASKED QUESTIONS

You've Got Questions. We've Got Answers.

As we begin to roll out Symmio across the company, we wanted to address any questions you may have about the app and how it can be most useful to you. Here are some common questions and answers.



What is Symmio?

Symmio is designed to make physical and mental care accessible, engaging, and easy. So how is Symmio different from all of the other health apps you've seen? For starters, we focus on the total picture of your health: movement analysis, nutrition awareness, sleep wellness, and behavioral health.

How Do I Use Symmio?

It's easy to get started with Symmio.

- Download the app from the Apple or Android app store.
- Create an account in the app and take an initial movement and lifestyle assessment.
- Symmio pinpoints your target areas and provides exercises tailored to your unique body and health goals.

I Did My MSK Assessment, Now What?

Symmio will display your cumulative evidence-based score based on 8 Musculoskeletal health risk factors. From here, we'll identify two focus areas that your exercise plan will address. Now we can begin the process of improving your mobility and minimizing aches, pains, and potential workplace injuries.

Time to Move.

Bite-sized videos guided by experts will lead you through movement exercises tailored to your personal goals. Sessions are short: 8-13 minutes; check back in daily for progressive exercises and wellness updates. Make Symmio a habit and watch your movement improve and your aches fade away.

[Learn More](#)



Try Symmio Today

Symmio will help you discover your full potential while keeping you focused on meeting your wellness goals in an easy-to-use app available on any mobile device.



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