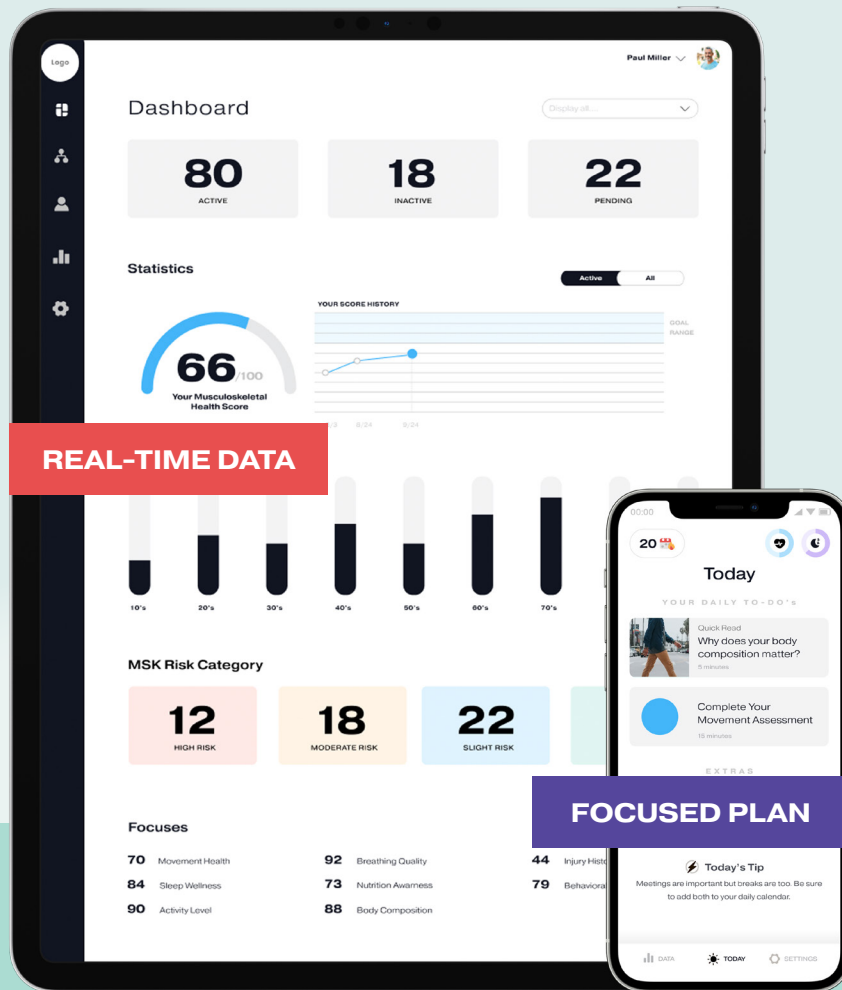


# Symmio in the Workforce

Symmio is a guide to better health and wellness by providing your employees with their greatest opportunities for improvement. Once they are aware of these opportunities Symmio provides direction on what to do next and ensures they stay on track. Improving someone's Musculoskeletal (MSK) health can reduce pain, boost productivity, improve mental health, and reduce medical coverage costs over time.



## How can Symmio help you?

Symmio is a culmination of 15+ years of research, product development, in the field application, and countless refinements along the way. Our screen, exercise strategies and algorithm have deep roots backed by leading research and testing.

- Identify the most at-risk individuals
- Create awareness in your employees
- Engage at scale locally and remotely
- Monitor and evaluate with real-time dashboard
- Minimize future MSK related healthcare costs
- Create a healthier, stronger, and more resilient workforce

# What makes up Symmio?

## Movement Assessment

Symmio's movement health assessment measures 7 fundamental movements that challenge mobility, stability and posture. These movements are essential and impact our quality of life.

## Lifestyle Assessment

Each individual is unique. So are their past experiences, current daily habits, and general mental and emotional states. All of that contributes to their overall health and well-being.

## What do we check for?



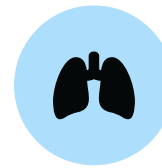
Movement Health



Behavioral Health



Injury History



Breathing Quality



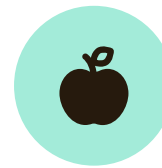
Physical Activity



Body Composition



Sleep Wellness



Nutritional Awareness

## The risk is in not knowing

MSK health determines whether or not your employees can sit at a desk, stand on a factory floor, run a marathon, or just get out of bed without aches, pains, injury, or illness. Research tells us that injury risk is multi-factorial - the more factors you stack on top of each other, the higher the risk for injury. Symmio evaluates and considers multiple research-validated factors simultaneously to accurately identify and categorize individuals at greatest risk. Determining the level of risk is the first step in recognizing who needs help, and at which level of care.

## Something to consider

# 80%

80% of chronic conditions can be prevented with lifestyle changes.

# 8 in 10

8 in 10 people have some form of MSK complaint in a given year

# \$230B

Cost for treatment and lost wages related to MSK conditions.