



## Your body is unique.

So are your past experiences, current daily habits, and general mental and emotional states. All of that contributes to your overall health.

- Symmio helps your body to move and feel better
- Reduces your risk of potential injury
- Symmio will also help you balanced your mental, emotional, nutritional, and physical health

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



TEST YOUR OVERALL MOVEMENT QUALITY



IDENTIFY YOUR GREATEST PATH FOR IMPROVEMENT



DAILY MOVEMENT CORRECTIVE PROGRAM



INSIGHTS TO REDUCE INJURY RISK



DO YOU HAVE LOWER BACK PAIN?  
STIFFNESS IN YOUR NECK?  
SUFFER FROM A PREVIOUS INJURY?

All these things can compound and worsen over time leading to more problems. Let symmio help you discover the root cause and get you on a better path to being more productive.

Poor musculoskeletal-related health can have detrimental impacts on your health and wellbeing. Statistically, musculoskeletal disorders are one of the biggest drivers of sickness and absence in the workplace and decreased quality of life.

28

28 days of missed work each year due to MSK conditions

3.4

Subjects identified as high risk by the algorithm were 3.4 times more likely to sustain a non-contact injury

80%

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