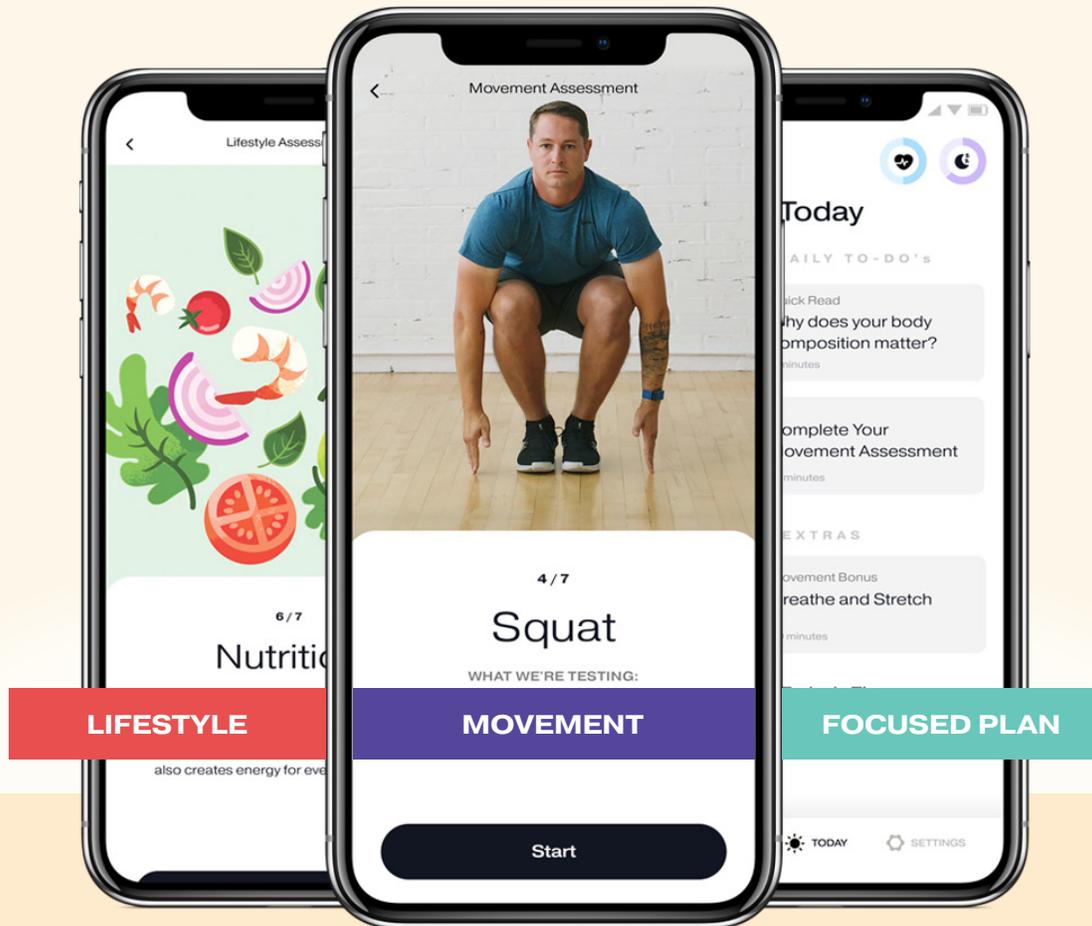


Hello, we're Symmio!

Symmio is your guide to better health and wellness by providing you with your greatest opportunities for improvement. Once you are aware of these opportunities Symmio provides direction on what to do and ensures you stay on track. Improving your Musculoskeletal (MSK) health can reduce pain, boost productivity, improve mental health, and reduce the amount of time you spend on the sidelines missing out on life.



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 and well being.

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.

- Symmio identifies your greatest opportunities to improve
- Helps you move and feel better daily
- Reduces your overall risk of potential injury
- Helps you balance your mental, emotional, nutritional, and physical health

What makes up Symmio?

It starts with you!

Most fitness apps and programs throw you into the mix and force you fend for yourself. With Symmio, we take the time to understand where you are today, and build a plan to get you going safely and effectively. Our goal is for you to reach your goals. Together we can make that happen!

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

As we age, the risk of injury dramatically increases. Studies have shown that you could be at risk for an injury and not even know it. Symmio uses a number of factors to identifying whether or not you are currently at risk. Uncovering your risk level now allows us to set a plan in place to move you in a better direction. Awareness is key, and Symmio will provide you with insights and a plan to get you moving and feeling better!

Something to consider

80% of chronic conditions can be prevented with lifestyle changes

High risk individuals are **3.4 times** more likely to sustain a non-contact injury

Poor MSK Health leads to lower levels of well-being and depression