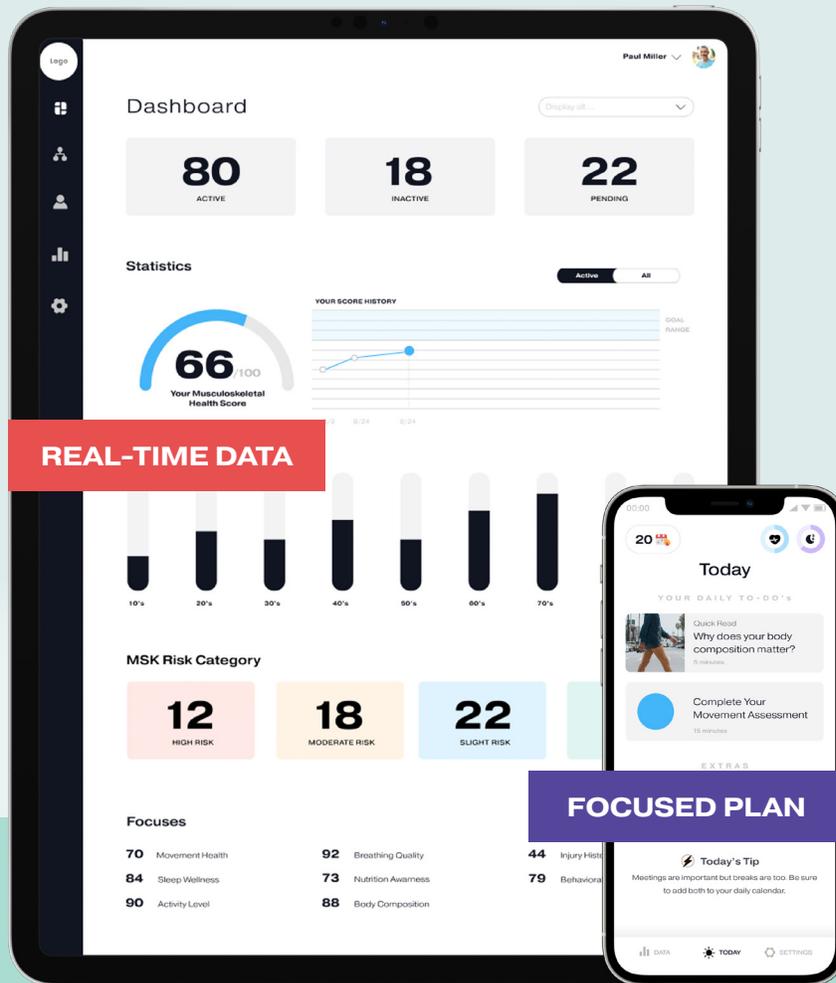




An app based movement and MSK screen born out of the industry leading Functional Movement Systems

Symmio in Healthcare

Symmio is a roadmap to improved health and well-being, empowering patients and clients with the tools and guidance needed to achieve their best possible outcomes. By creating a personalized daily routine, Symmio raises awareness and keeps individuals on track towards their goals. By promoting better musculoskeletal health, Symmio can help alleviate pain, enhance mental well-being, and support the efforts of healthcare professionals in the clinic.



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 patients
- Use as an outreach tool or in your corporate wellness programs
- Monitor and evaluate with real-time dashboard
- Minimize future MSK health issues
- Create a healthier, stronger, and more resilient patient

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 patients can sit at a desk, play 18 holes comfortably, 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.

