



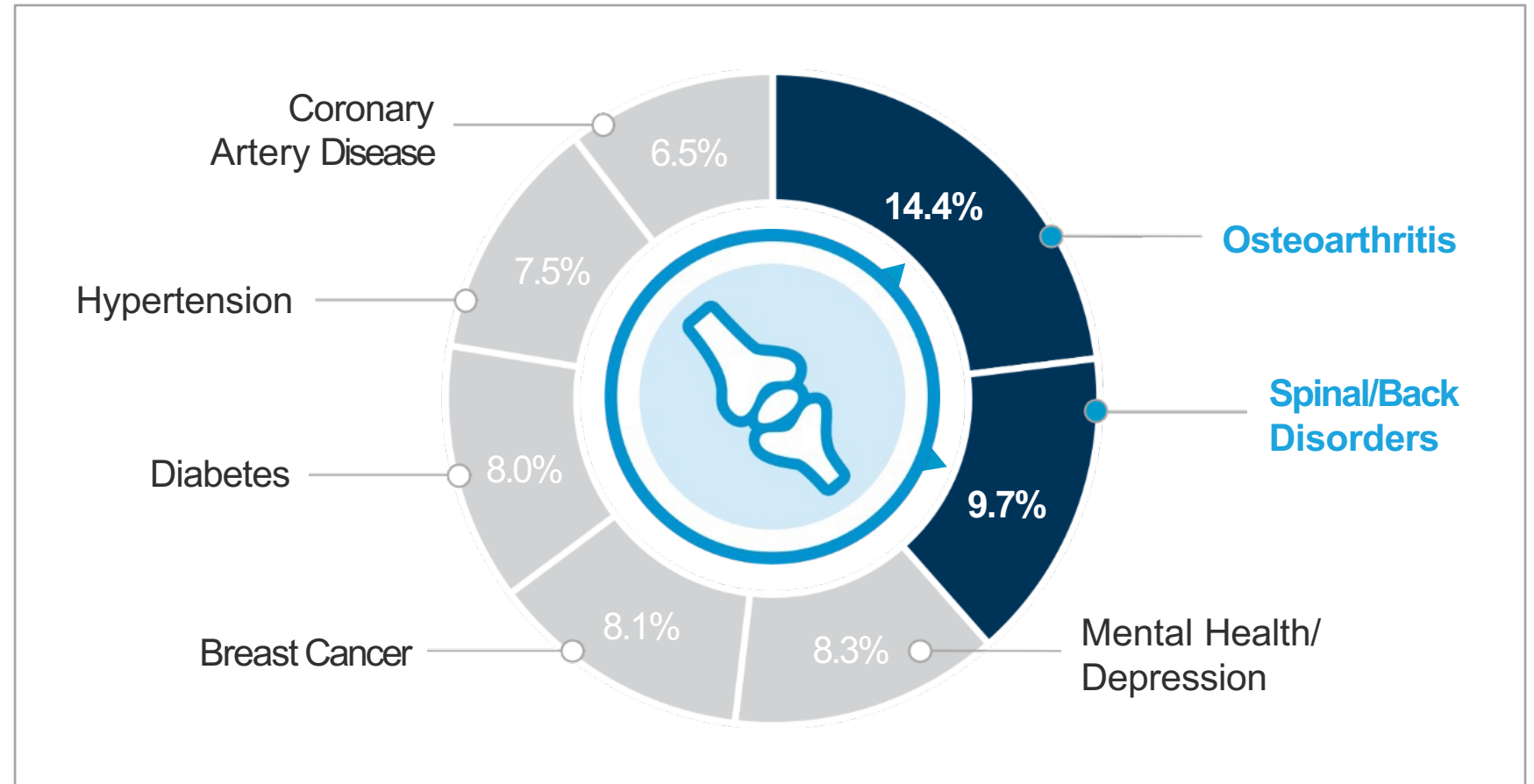
**Where improved  
health meets  
simplicity**



# Why Address MSK? High cost of care.

More is spent on MSK disorders than on any other condition or disease.

**2 out of 3 surgeries can be avoided** with education and following prescribed exercise therapy.



Source: Top 10 Medical Episodes — Commercial Plans (excludes FEP PPO); July 2020–June 2021. Condition-specific data only; percentages will not total 100%.

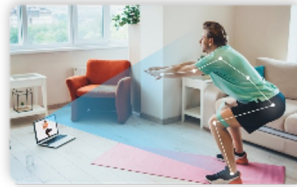
# Comprehensive MSK Care

Nationwide telemedicine and in-person network of providers (DPTs, OTs, SLP, Chiropractic, Acupuncture, Behavioral Health).



## Accessible 24/7

From any  
personal device



## Computer-Vision Motion Assessments

Thorough virtual  
movement assessment  
available 24/7.  
Results delivered to  
each member and  
their care team



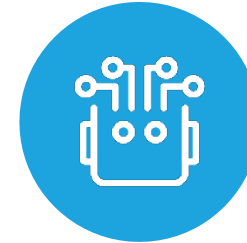
## Comprehensive care team

Includes 1:1 video  
visits with DPT plus  
each member gets  
a health coach  
and physician



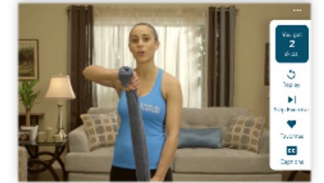
## Personalized care plans

For member's specific  
condition and needs



## Progress Yourself AI

Delivers hyper  
personalized exercises  
that vary in intensity  
based on feedback



## 1,500+ video-guided exercises

Covering 18  
different body parts



# Supports the Spectrum of MSK



PREVENTION

LOW-MED-HIGH RISK

ACUTE

CHRONIC

SURGERY

MAINTENANCE

1

Prevention Programs

2

Condition-specific programs

3

Pain Management Program

4

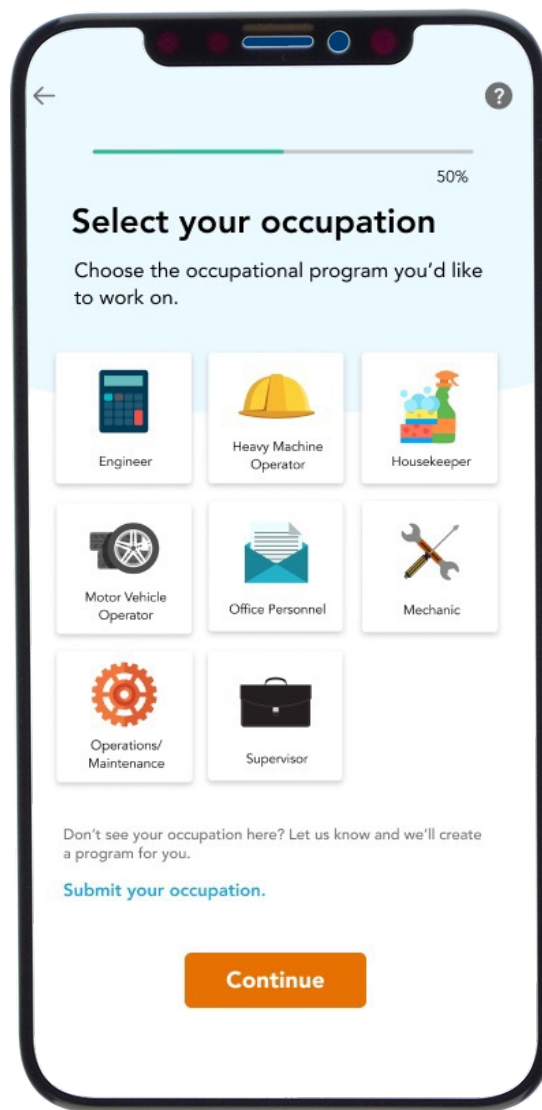
Prehab and Rehab Program

5

Lifestyle and Maintenance Program

# Injury Prevention Programs

Focus on low-risk members and introduce healthy habits earlier than any other solution



Tailored to job types and repetitive strain injury



Builds healthy routines and habits tailored to each person



Builds occupational resilience to avoid future MSK injuries

# Chronic and Acute MSK Programs

Focus on high to medium risk members covering 18 body parts head-to-toe



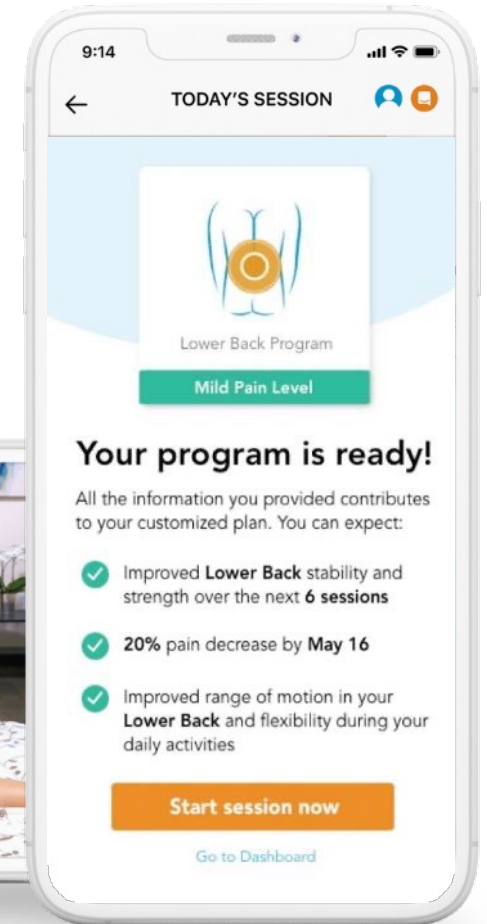
For members with any back, neck, or joint pain



Reduce pain, increase physical function, return to things you love

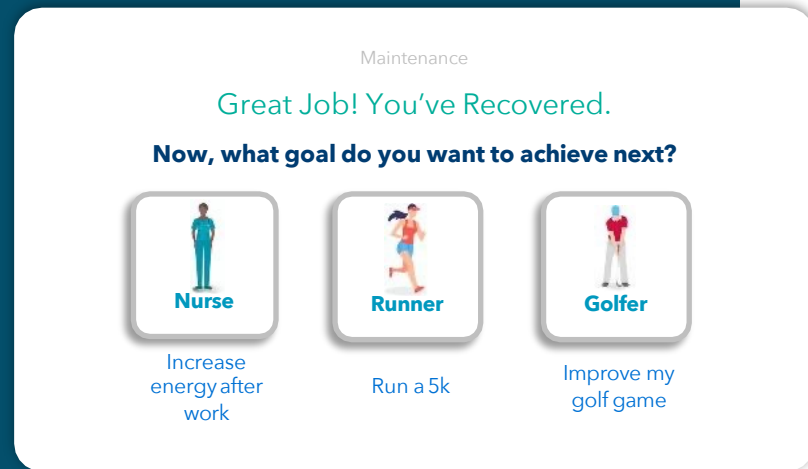


Lower MSK medical spend by up to 45%\*

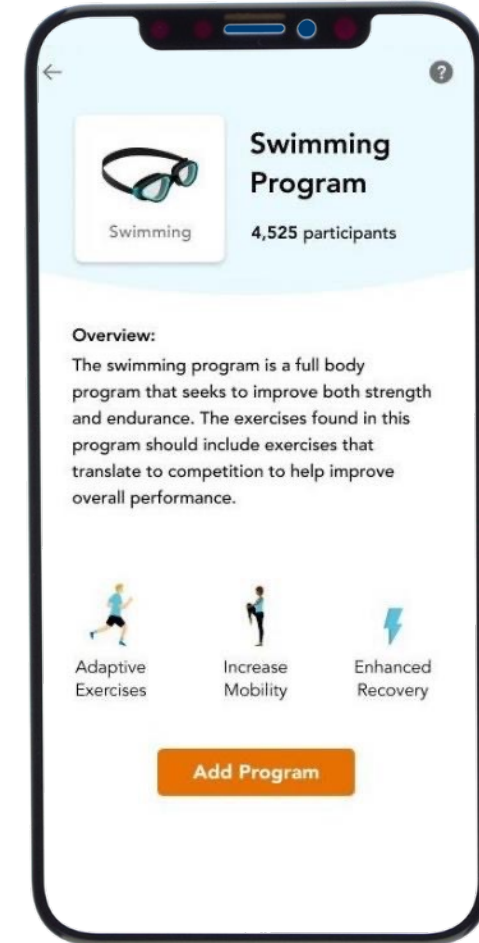
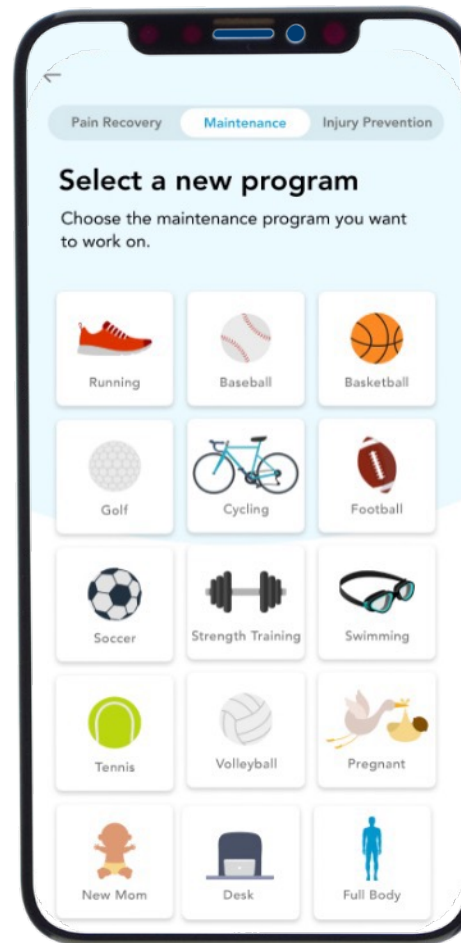


# Maintenance and Lifestyle Programs

Even after recovery, continue using SimpleTherapy to prevent re-injury

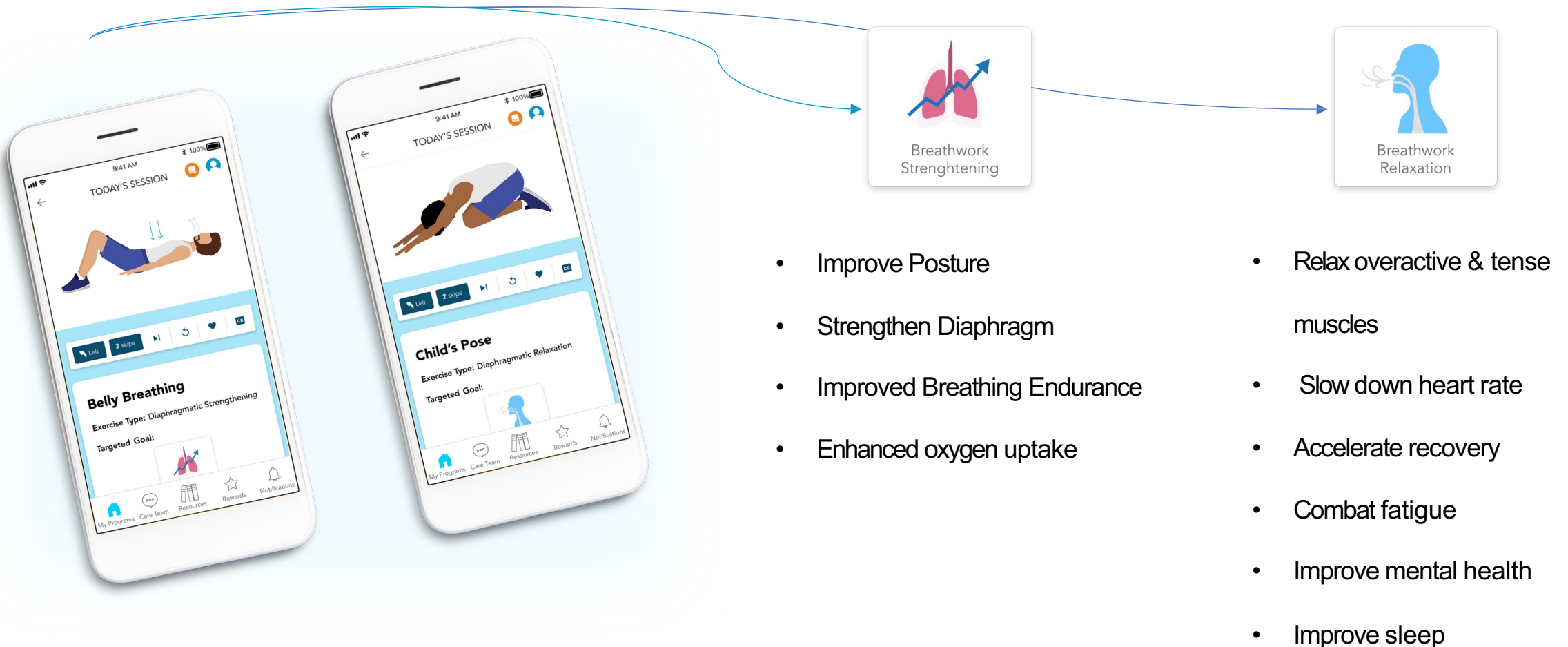


Maintenance programs based on interests.  
Get back to things you love!





# Spotlight: Breathwork Programs





# Pelvic Health Programs

Our comprehensive, inclusive programs cater to all genders and address a spectrum of conditions.



## Expecting Parents

Delivers specialized care for expectant parents to prepare for childbirth-related pelvic floor changes



## New Parents

Supports postpartum recovery for new parents



## Bowel and Bladder Disorders

Evidence-based interventions for bowel and bladder dysfunctions



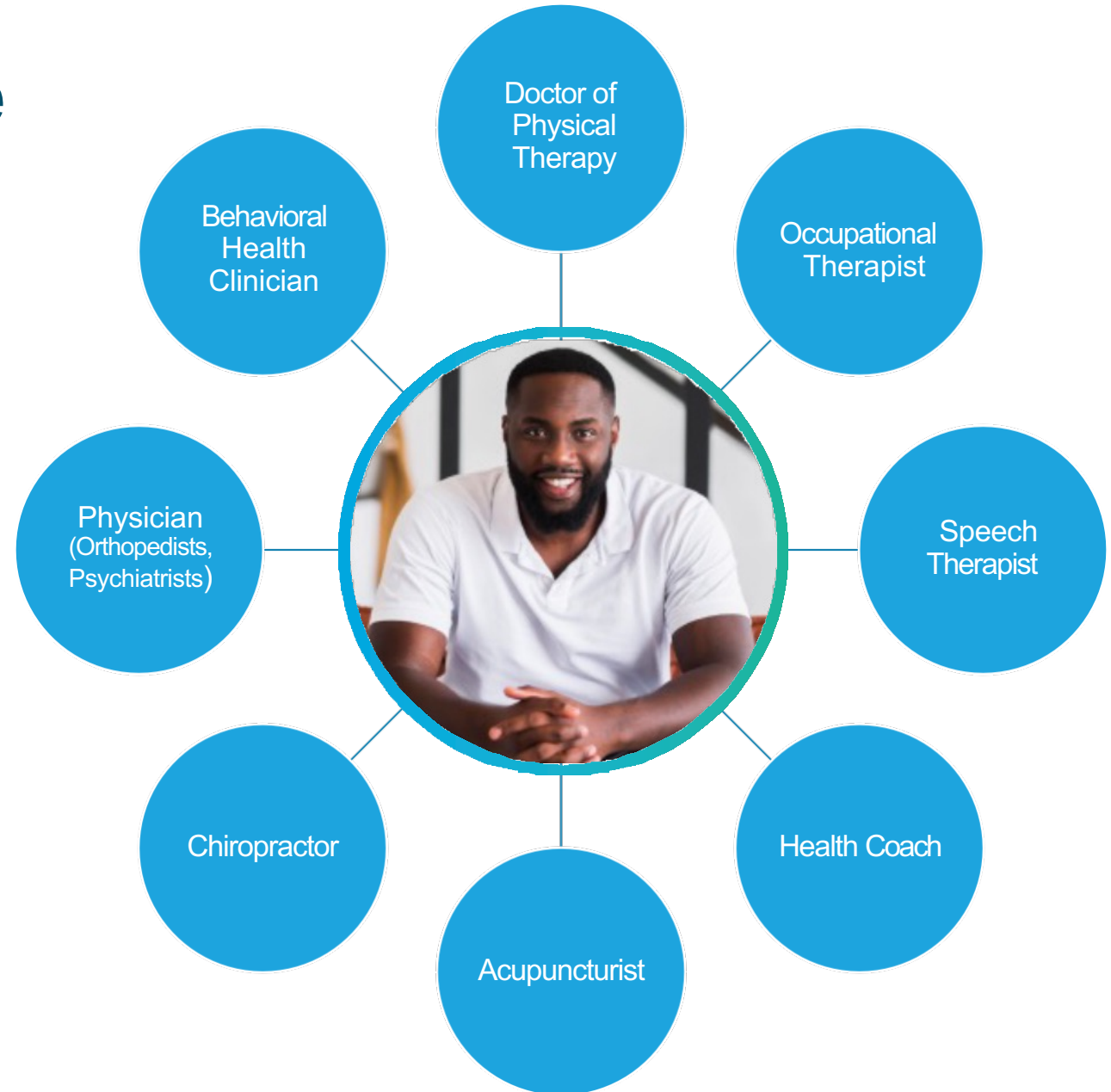
## Pelvic Pain

Provides therapeutic management for chronic pelvic pain

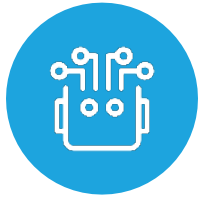
# A Multidisciplinary Care Team

Every member gets a highly experienced, dedicated care team of specialists.

- Coordinated care based on the patient's health needs
- Oversight and escalations handled by physicians
- Credentialed in accordance with NCCA and CMS guidelines



# Intelligent Integration of PT and AI



## Clinical Expertise + AI

First line of defense against musculoskeletal disorders



## Dynamic Learning

The system understands each user as an individual, adjusting to their unique needs and responses.



## Therapist Mindset

Built with the logic and reasoning of a physical therapist, offering a personalized approach.



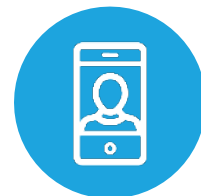
## Evidence-Based Medicine

Our treatment plans are grounded in scientifically-backed practices.



## Adaptive Intensity

The system dials intensity up or down based on real-time user responses.

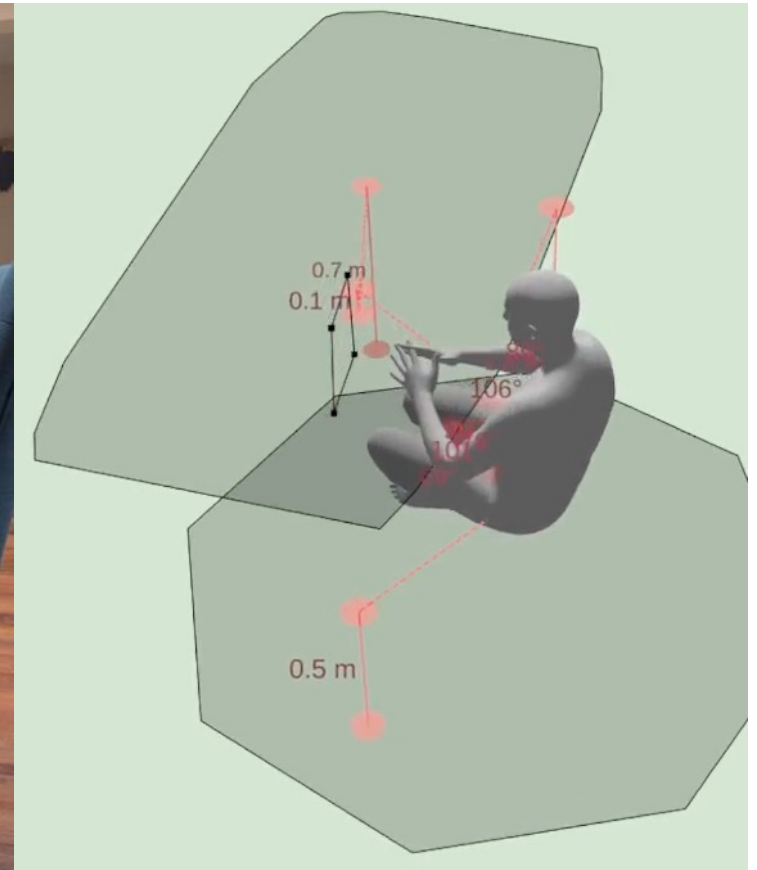
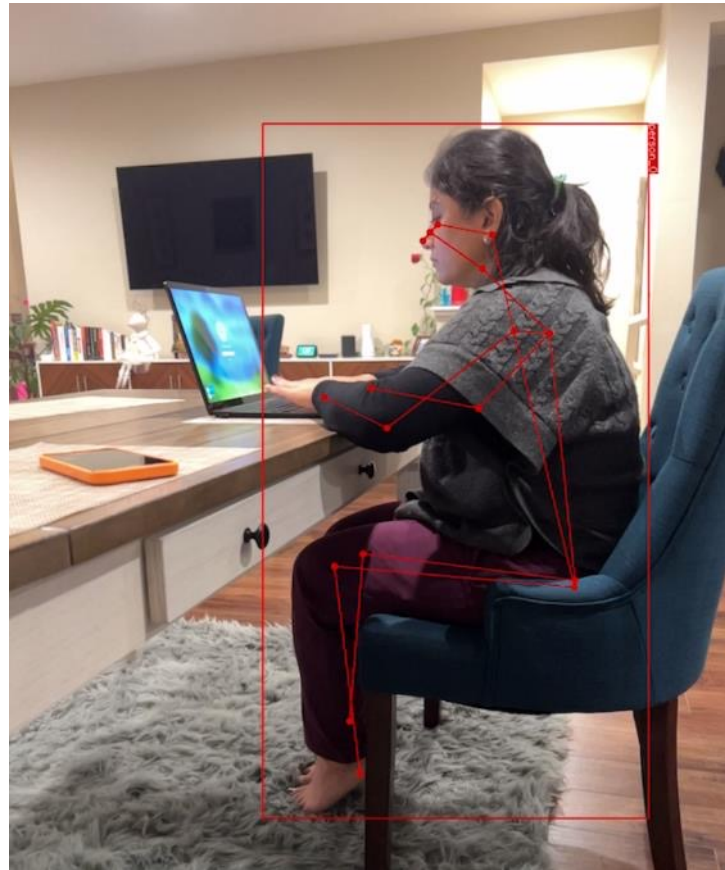


## Engaging and Effective

Our hybrid approach of live PT visits and personalized programming keeps users engaged, compliant, and progressing toward pain relief.

# Virtual Ergonomics Assessment

Offers convenient and efficient ergonomic assessments from the comfort of home or office. Assessments are conducted by our team of certified ergonomists who are also doctors of physical therapy.



- Improves employee comfort, productivity, and well-being
- Combats fatigue and increases efficiency
- Reduces risk of pain and injury
- Provides posture education and support
- Promotes healthy movement

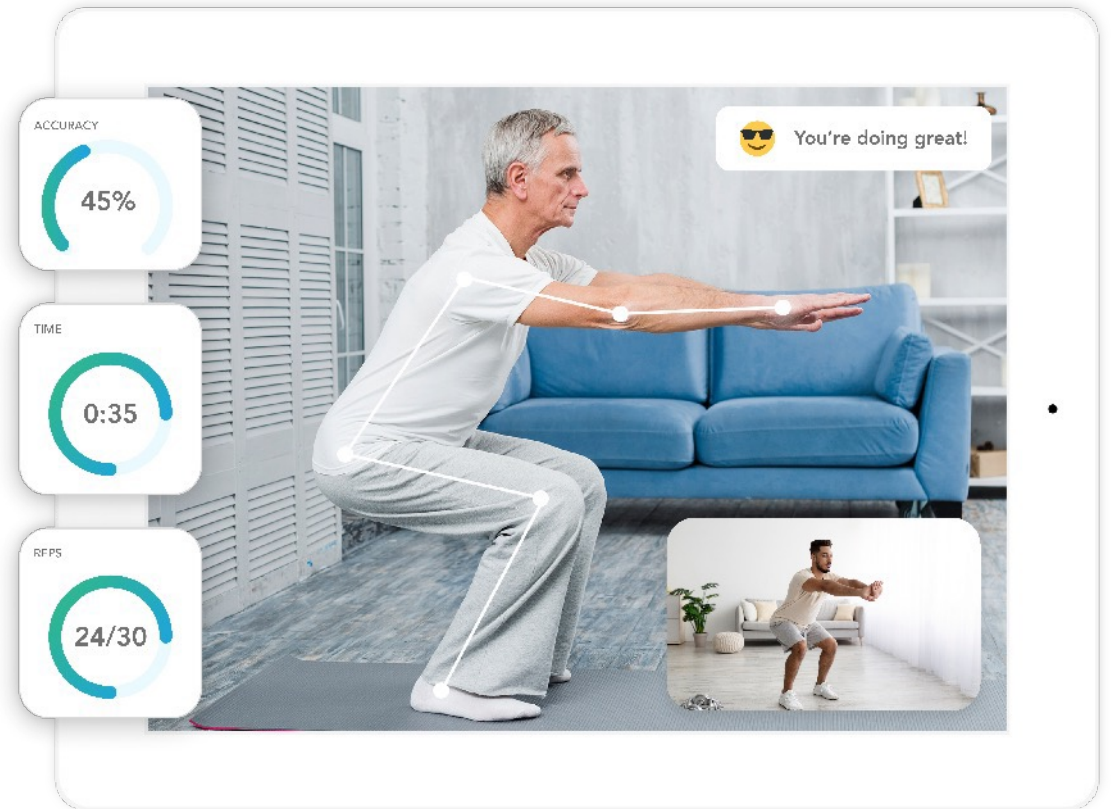


# Computer Vision Technology (CVT)

Our proprietary CVT, **PreciseVision AI**, delivers thorough, virtual movement assessments via webcam or phone camera.

Comparable to an in-person evaluation, **PreciseVision** helps diagnose the root causes of joint and muscle tension, limited range of motion, and functional challenges.

- Developed collaboratively by doctors of physical therapy and AI engineers
- Offers unparalleled accuracy
- No extra equipment needed
- Available 24/7/365



# Registration & Eligibility

1. Download the **SimpleTherapy app OR**  
**[SimpleTherapy.com/go/gw](https://SimpleTherapy.com/go/gw)**
2. Enter your company name: GWU
3. Choose a program
4. Reach us anytime!

**[support@simpletherapy.com](mailto:support@simpletherapy.com)**



Eligibility



SimpleTherapy is available to GW medical plan members and their dependents age 13 or older.

# Thank You!



**Jon Garino**

Director of Product & Clinical  
Operations

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