SimpleTherapy®

# STOP MUSCULOSKELETAL ISSUES IN THEIR TRACKS

## With the SimpleTherapy Prevention Pack[1]




Musculoskeletal (MSK) conditions are a growing cost driver for employers. From 2019-2022, per member MSK costs rose by over a third, outpacing conditions like heart disease, cancer and diabetes. Expensive diagnostic tools, procedures and treatments are major contributors to this surge.[2]

### The solution? Prevention.

The SimpleTherapy Prevention Pack delivers proven tools to reduce injury risk, absenteeism, and case complexity – while boosting productivity.[3,4] By addressing MSK issues before they become major issues, you can help keep your employees healthy and minimise the impact on your medical claims costs, too.

### What's included:

**19 occupational injury prevention programmes**

- Job-specific stretches targeting injury risks and reducing strain from repetitive motions/tasks
- Simple exercises done at the workplace, promoting movement throughout the day
- Improves posture and ergonomic conditions

**Unlimited live, 1:1 virtual physiotherapy consultations**

- Enhanced care team monitoring and dedicated health coaching support
- Progress tracking and reminders
- Hyper-personalised care plan

**Unlimited functional movement assessments powered by PreciseVision AI**

- Motion analysis to detect deficiencies and adjust treatment
- In-depth muscle and joint mobility reports

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### Video-guided exercises

- Over 2,000 personalised video-guided exercises
- No appointments or wait times
- Up to five custom prevention programmes tailored to your team's demographics
- Quick sessions (between 5-12 minutes)
- Adaptable in real-time based on participant feedback and progress

### Virtual ergonomic assessment

- 1:1 virtual meeting with a certified ergonomic specialist
- Comprehensive report
- Actionable suggestions to limit workplace strain, reduce injury risk, improve posture and boost productivity

### Educational materials

- A comprehensive catalogue of resources, including ergonomics tips, skills development guides and a library of pre-recorded webinars

### Employer reporting

- Aggregate reports highlighting high-risk job types, common conditions, and potential cost and time-off impacts

### Prevention matters

Digital MSK solutions deliver more than just cost savings. By increasing access and improving care efficiency, the SimpleTherapy Prevention Pack empowers employees, reduces costly procedures and simplifies managing MSK conditions.

### Ready to see the difference SimpleTherapy can make?

Contact your MAXIS representative for a demo of SimpleTherapy.[5]

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1 SIMPLETHERAPY, INC. incorporated and registered in DELAWARE, USA whose registered office is at 1080 W Shaw Ave., Suite 101, Fresno, CA 93711

2 Anon. MAXIS GBN (February 2024). How Do Industry, Culture and Gender Affect Your Workforce's Health? Report and insights from MAXIS GBN claims data. https://maxis-gbn.com/knowledge-centre/whitepapers/how-do-industry-culture-and-gender-affect-employee-health-insights-from/ (Sourced June,2025)

3 Anon (2019). 1-year retrospective study by a large national commercial payer Dec'19 using medical & Rx claims data (2017-2018) (Sourced June,2025)

4 Kim T, Gay N, Khemka A, Garino J. SimpleTherapy (2016). A Pragmatic Randomized Controlled Trial. JMIR Rehabilitation and Assistive Technology http://rehab.jmir.org (Sourced June,2025)

5 MAXIS GBN may receive fees, commissions and/or other remuneration from third parties in connection with the services we carry out for you.

SimpleTherapy® does not offer medical advice, diagnosis, or treatment, and is not a replacement for a physical therapist or doctor. Please consult with your physical therapist or doctor if you have any questions about incorporating the SimpleTherapy sessions into your health and well-being program. Your information is confidential. SimpleTherapy will not share it with your employer.

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