

# One Virtual Solution for All MSK Needs

## Objective

## Program



# MSK Success with 45 BRMS Clients

**83.3%**

**Average Pain Reduction**  
*Industry Standard = 50%*

**86**

**Member Net Promoter  
Score**

**7,419**

**Exercise Sessions  
Logged**

**45.3%**

**Surgery Likelihood Reduction**

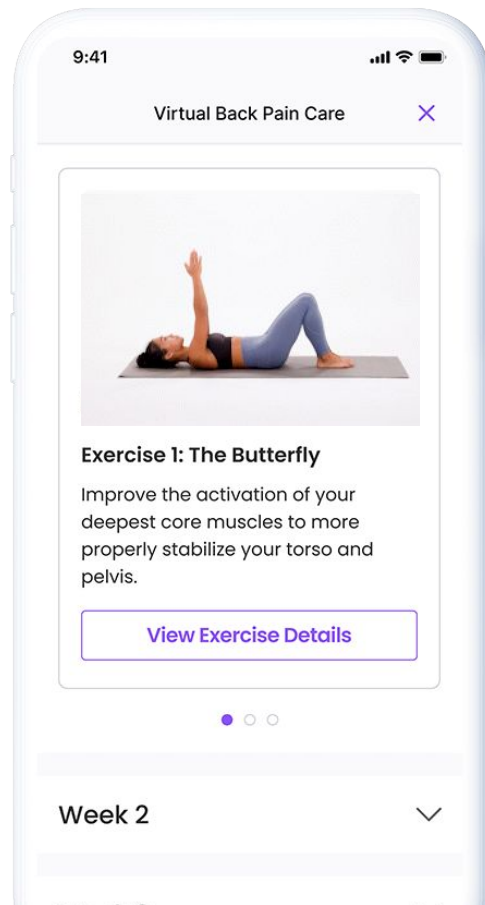
Based on 359 members at 45 clients representing ~10k employees  
Est. \$1,024,600 in Savings, est. \$2,952 per participant enrolled long enough to potentially have savings

A Better Solution

# HealthJoy Virtual MSK Therapy

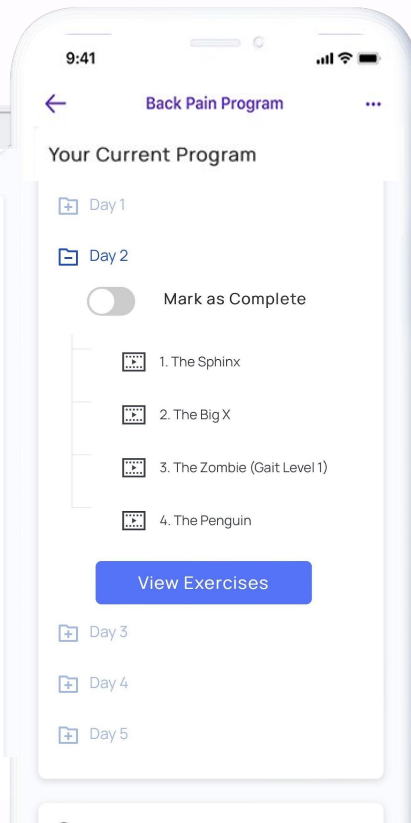
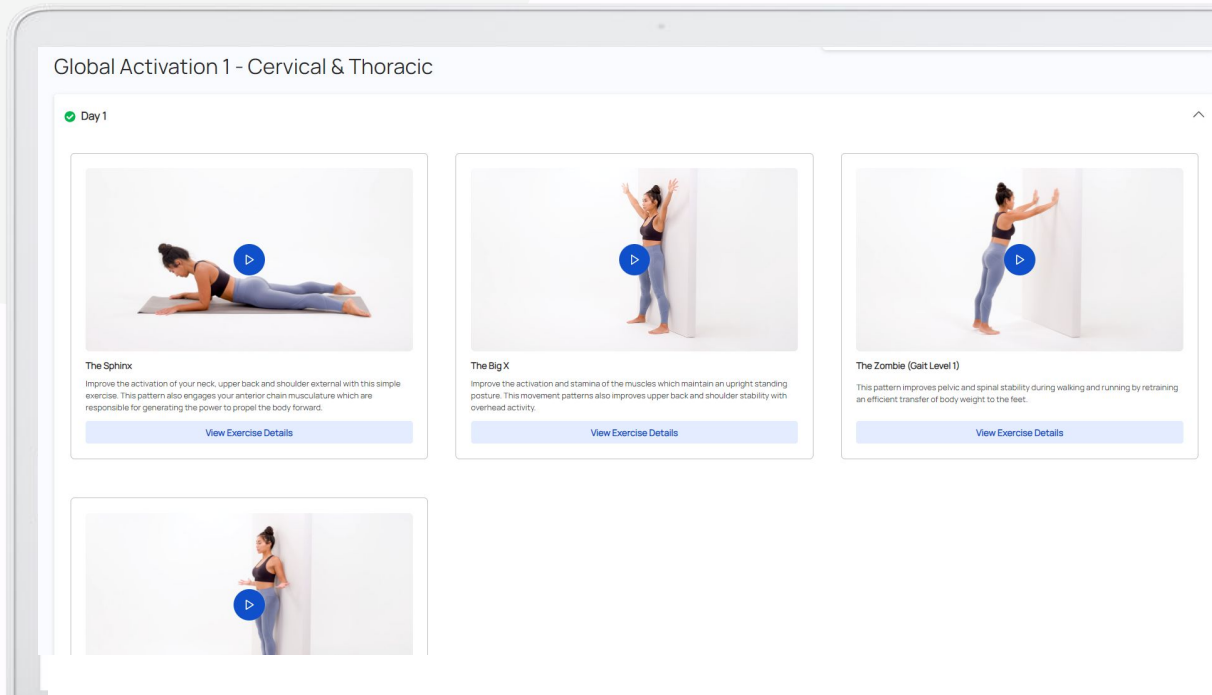
Industry-leading outcomes for back, joint, and pelvic health. Address Prevention, Chronic Pain, and Surgery.

- ✓ **Market-leading results** through our proprietary, brain-body exercises
- ✓ **Personalized programs** for chronic pain and dysfunction, surgical success, and a host of tailored movement health and injury prevention needs
- ✓ **Convenient, Seamless Experience** in less than 15 minutes a day, no travel, all through HealthJoy
- ✓ **Cost-effective and 3X ROI** working with all types of members until they achieve their goals

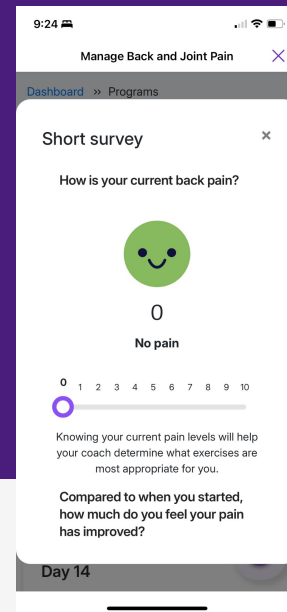
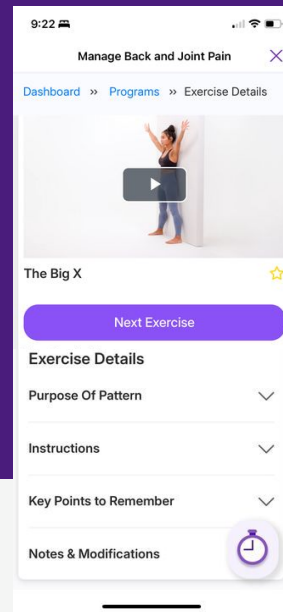
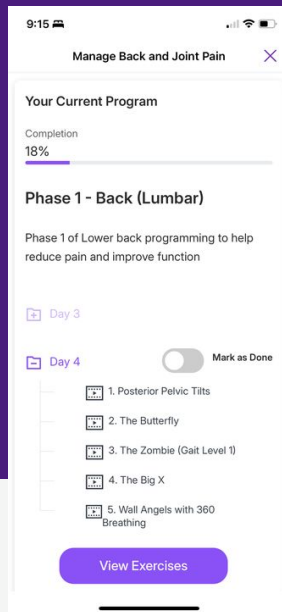
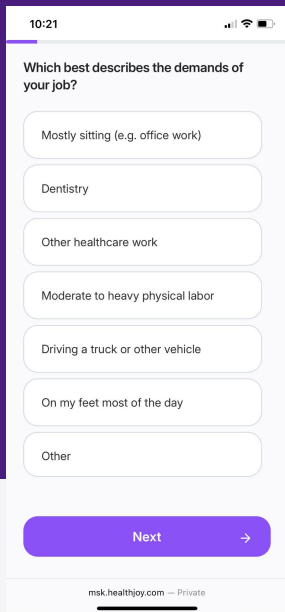
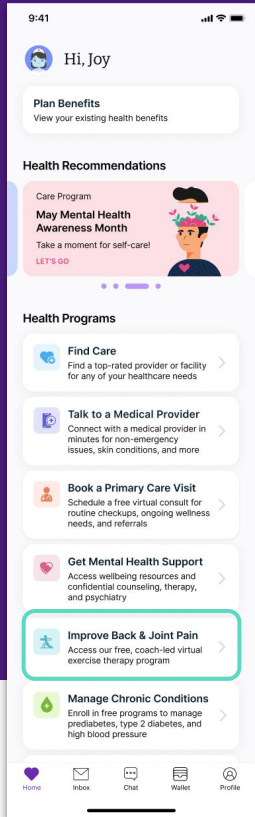


# Accessible Everywhere, Easy Integration

HealthJoy MSK is accessible across smartphone, tablet and desktop



# HealthJoy MSK | How to Access



# Better Prevention by Leveraging Brain-Body Exercises and Lifestyle-Specific Programs

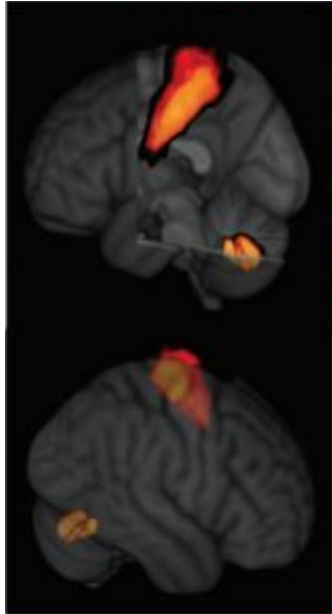
- ❖ Programs incorporate HealthJoy's proprietary exercises
- ❖ Only 8-10 minutes per day, with no equipment needed
- ❖ Helps the majority of your population, who may have tightness but not chronic pain, from progressing to chronic pain and more expensive care

## Movement Health & Injury Prevention Programs (June 2025)

- **General Movement Health** – Core, Upper Body, Lower Body, Full Body
- **Job-Specific Injury Prevention** – Sedentary Professions, Healthcare, Dental Professionals, Medium to Heavy Labor, Drivers, Standing Professions
- **Balance & Fall Prevention**
- **Bone Density** (Aging, GLP-1)
- **New Parents** – Pelvic Floor preparation for delivery, Pelvic Floor after delivery, Parent Body Mechanics
- **Diabetes Exercise** Companion Program
- **Sport Longevity** – Running, Golf, Tennis, Weekend Warrior

# The Only Vendor Addressing Pain and Function at the Source: The Brain

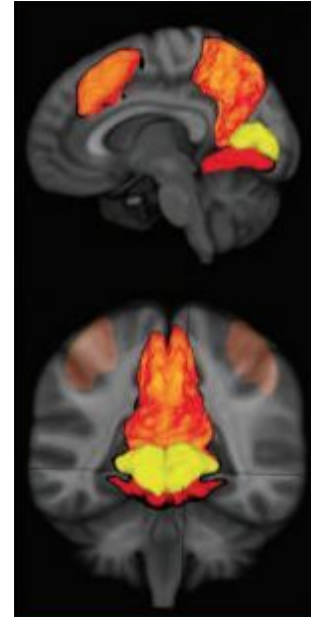
Healthy



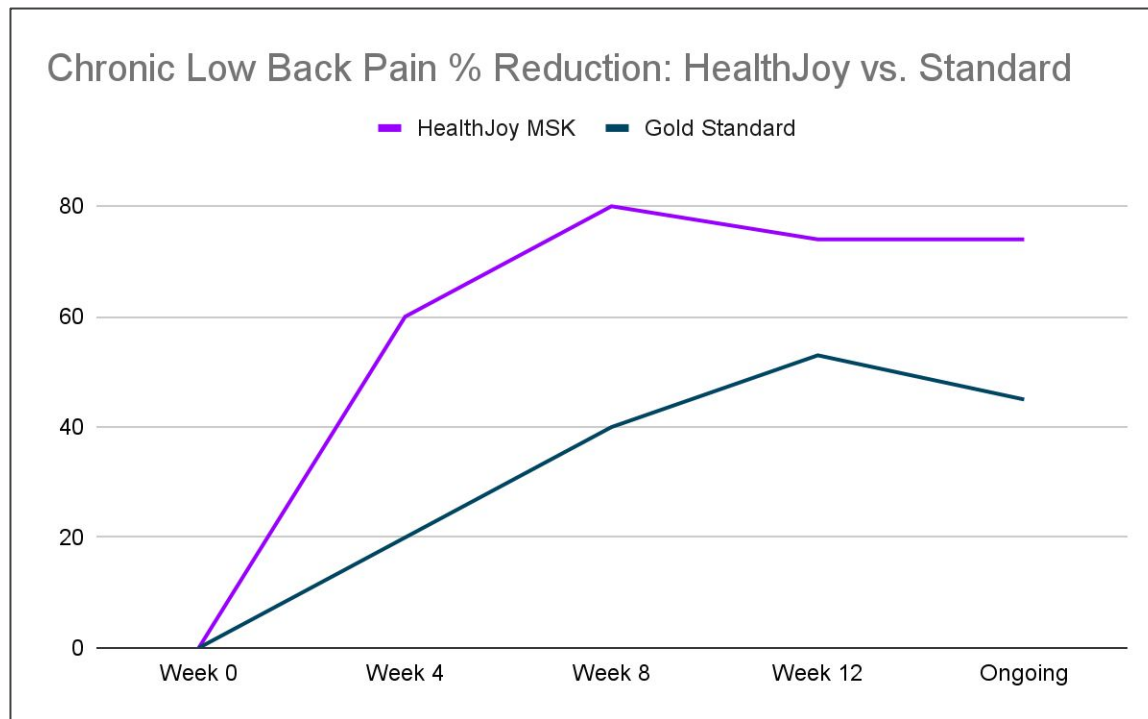
ACL  
Rupture



Post-Injury



# HealthJoy's Unique Effectiveness



Corey Rovzar, PhD, DPT, Efficacy of the HealthJoy Digital Care Program in Improving Chronic LBP, September, 2023.

80% of participants achieve their goals at week 8; those who continued to week 12 took longer to achieve outcomes



“

**I thought that I would never get my life back.... [I]t has given me my life back. That was a gift I didn't think I would ever get.”**

Amber, BRMS member recommended for hip replacement after a decade of pain



# High-Touch Coaching: Amber's Story

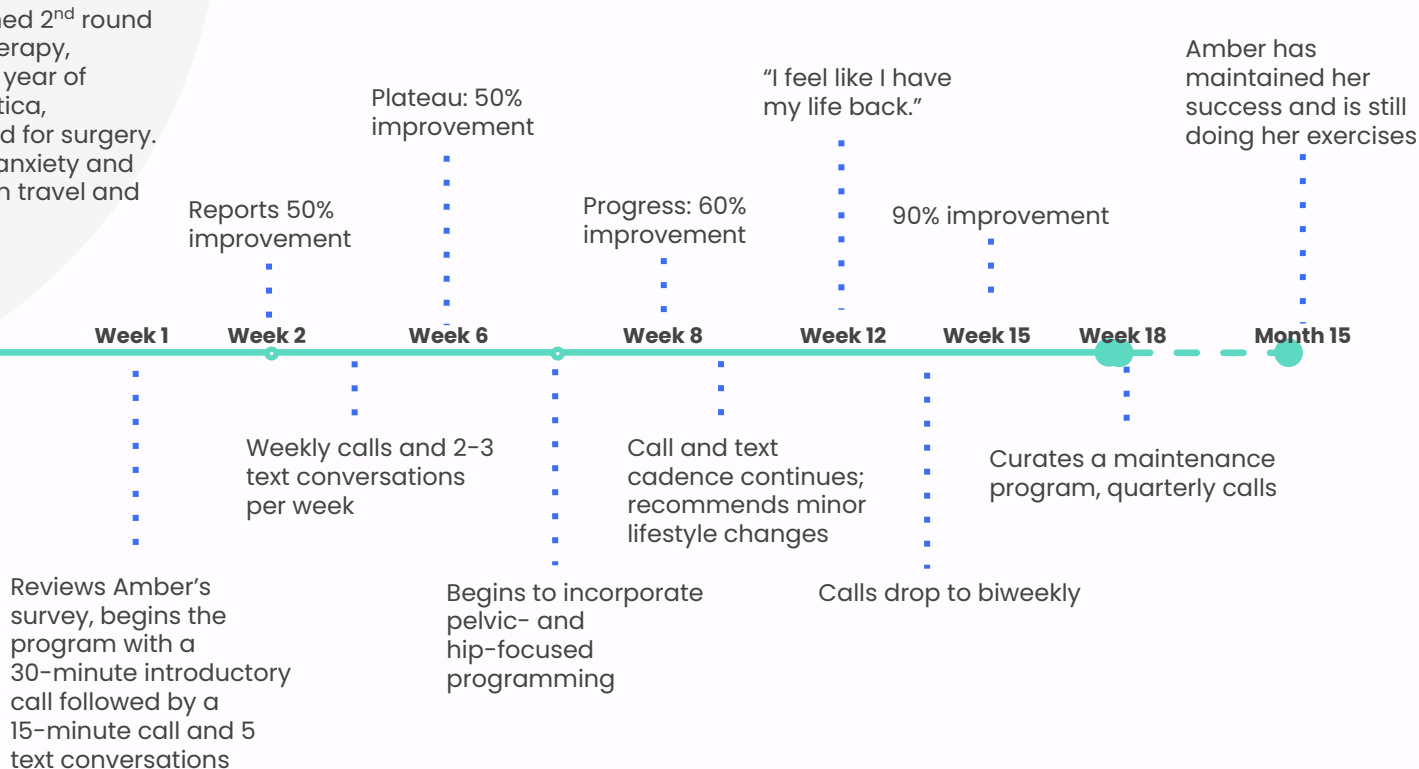


Amber, Participant

Had just finished 2<sup>nd</sup> round of physical therapy, entering third year of crippling sciatica, recommended for surgery. Experiencing anxiety and missing out on travel and friendships



Heidi, MSK Coach





***Clients who do not have HealthJoy MSK spend an average \$100 PEPY more on avoidable spend than clients who have had HealthJoy MSK for 12+ months***

-Based on TPA Partner data, May 2024 - April 2025 claims spend

## **\$100 PEPY Avoidable MSK Savings at 25 Clients representing 11,500 Members**

- Data based on conventional MSK diagnosis groupers, representing 10% of overall TPA client spend, from May 2024 through April 2025
- Clients saw 3.7% chronic program utilization
- Higher HealthJoy MSK utilization correlated with lower spend

*Note: This estimate may trend conservative. Whereas the HealthJoy MSK cohort all had 12+ months of data, all other TPA clients were included regardless of how long they had been with the TPA.*



“

**I never thought my back would stop hurting. I was taking ibuprofen daily, using the heating pad every night, and struggling after sitting all day at work. After finishing this program, I can't even remember the last time I needed to take medication for my back pain. I keep adding new exercises to my favorites folder because I love the challenge in Phase 3. I'm feeling great and I love not having chronic pain any longer!**

Cassie Walling, BRMS client manager