



Reduce Musculoskeletal Spend

Virtual MSK Therapy

One in two Americans suffer from a musculoskeletal (MSK) condition such as back pain or arthritis. Unfortunately, typical MSK care solutions are expensive, underutilized, and may deliver suboptimal results for patients suffering from chronic pain.

Because of the high prevalence and chronic nature of these conditions, MSK is the number one cost driver of U.S. healthcare spend. In fact, employers spend an average of **\$7,800 per employee** struggling with an MSK issue.

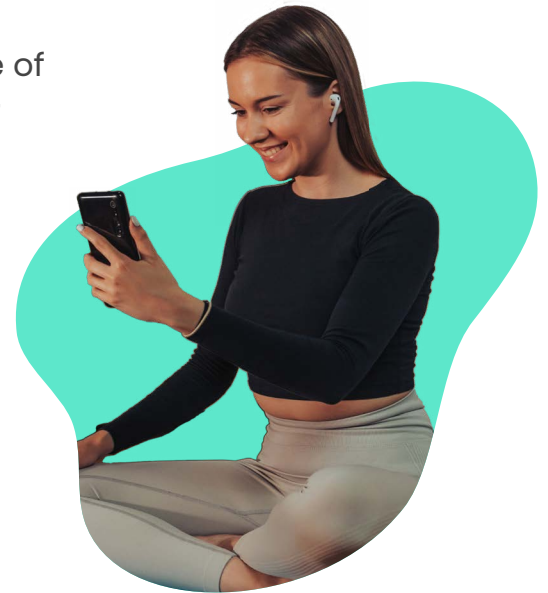
Reimagined Approach to MSK Care

HealthJoy Virtual MSK Therapy has revolutionized pain management using neuroscience. It's more than just a set of exercises, it's a transformative experience for the musculoskeletal system.

Our Virtual MSK Therapy program offers **at-home, low-cost exercise therapy** to individuals suffering from MSK pain. It's simple to do, easy to access, and focused on quick relief.

And the best part—**game-changing outcomes!**

Members love the program's ability to provide **life-changing pain relief** and a better option than costly, ineffective surgery. Employers love the average cost savings of \$2,572 per participant.



82% Pain Reduction

95% Member Satisfaction

85% Function Improvement

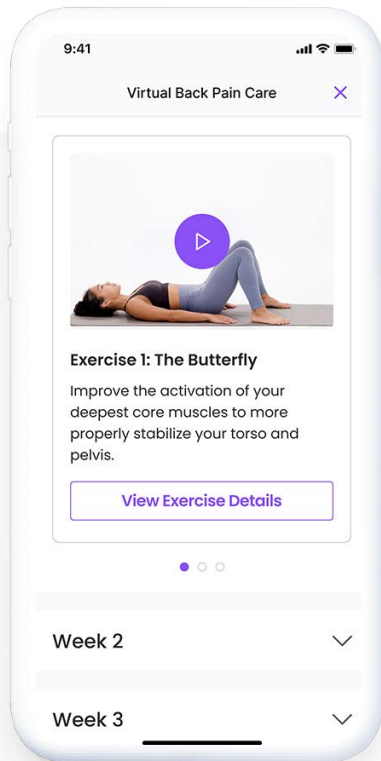
\$2,572 Average Cost Savings



Virtual MSK Therapy

How it Works

MSK care has never been easier — a click of the button in the HealthJoy app provides access to world-class care.



Log into the HealthJoy app

Our Virtual MSK Therapy offers on-demand coaching within our care navigation app. It centralizes all benefits and care programs in one easy-to-access place.



Intake Survey

Members complete a 15-minute intake survey so we can better understand their unique situation.



Introductory Call

Members then meet with one of our health coaches to understand their challenges, lifestyle, and goals.



Personalized Exercise Therapy

The coach builds a tailored, at-home exercise program, which can last up to 12 weeks, and supports the member throughout their journey.



Maintenance

After completing the program, members receive a personalized, 12-month maintenance plan, complete with quarterly check-ins with their coach.



“I’ve achieved more in the past five weeks of 15 minute morning exercises than I have in the past 5 years undergoing surgery and rehab, followed by religiously attended weekly physical therapy, yoga, and massage sessions. Just imagine waking up in the mornings feeling well. I personally had forgotten the joy of just opening my eyes without pain.”

—Wellness Leader and Dentist

Ready to Learn More?

WATCH OUR RECORDED WEBINAR