

Physical Therapy + Virtual Care is here

Now employees have access to Physical Therapy and Body Health programs anytime ... anywhere.

This is Phzio. The world's most advanced Telerehabilitation platform for Physical Therapists to treat Patients virtually.



Welcome to Phzio



Introduction & Background

Phzio is a solution for
Musculoskeletal Disorders
(MSDs)

1. Our Vision for Virtual Care
2. Opportunity to Reinvent
Paramedical into Performance
Health Networks
3. Technology & Service Models

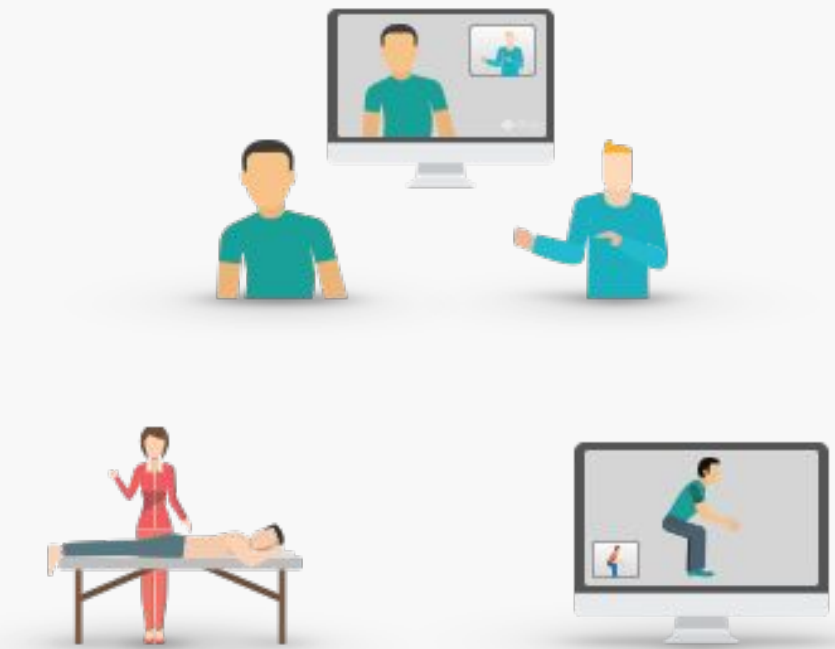




**100% IN-PERSON
PHYSICAL THERAPY**



100% TELE-REHAB



**MIX% IN-PERSON &
TELEREHAB**





Virtual Care will lead the
next generation of
Performance Health
Networks.



Disability
Patients

MSK360
Enterprise
Program

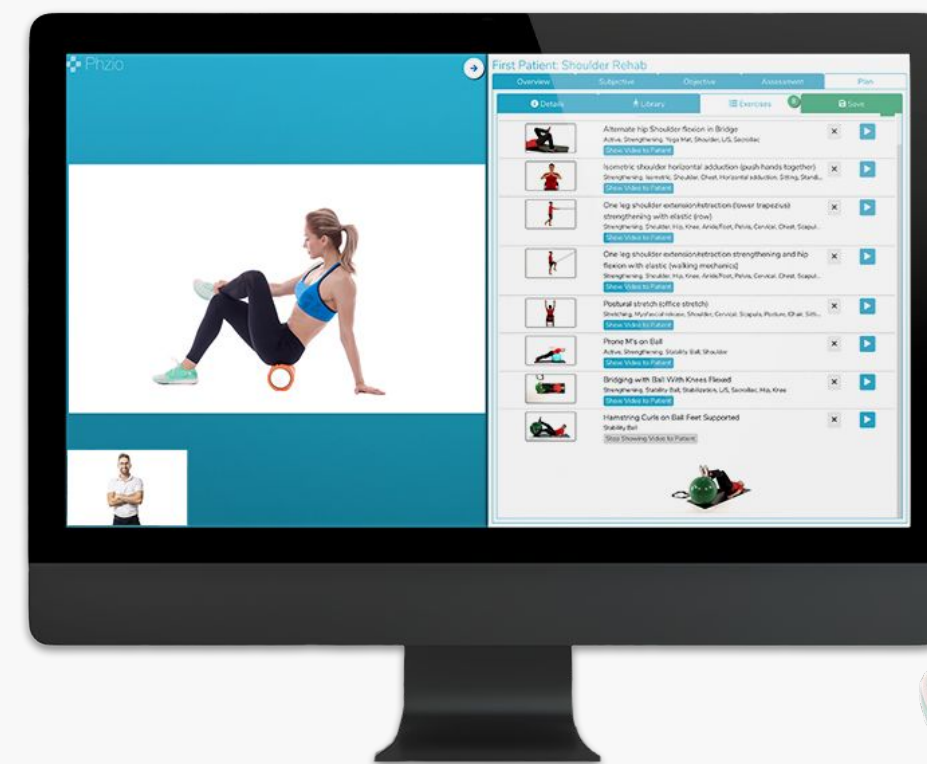


Enterprise Relevance

- 1. MSK patterns in the business**
- 2. High/escalating disability costs**
- 3. Desire a modernized approach**

Deliver Access

BREAKDOWN THE BARRIERS FOR PEOPLE TO ACCESS THERAPEUTIC PROGRAMS



Prevention + Rescue

**ASSIST PATIENTS TO HEAL IMMEDIATE INJURIES WITH A FOCUS ON BODY HEALTH
AND PREVENTION BASED PROGRAMS**

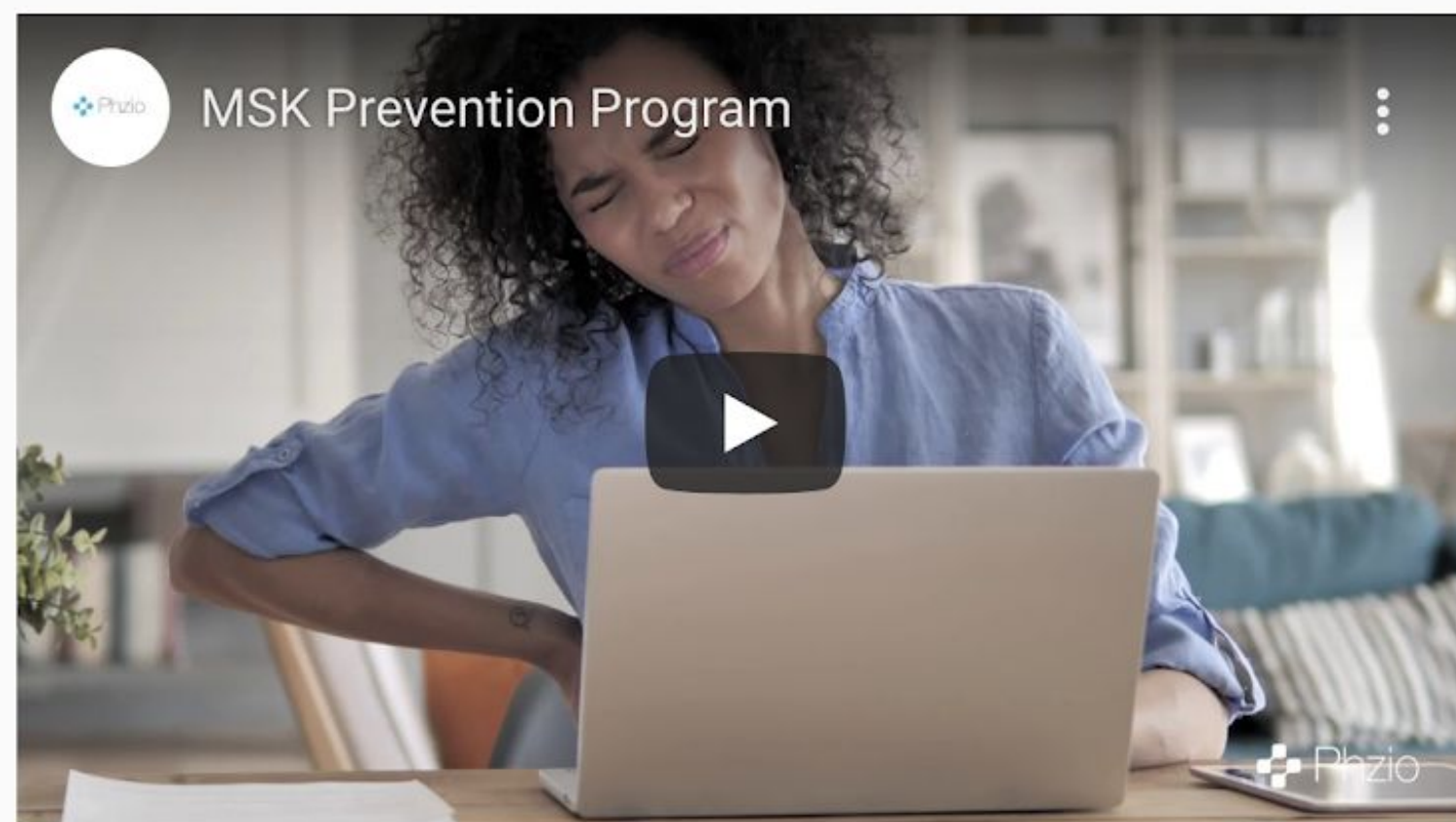


Accelerate physical health.

Reduce disability costs.

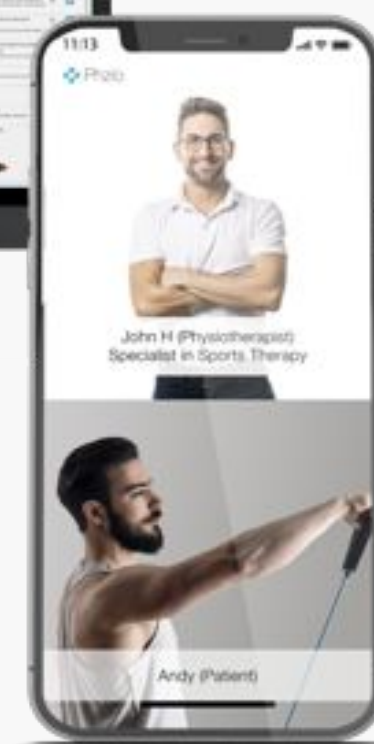
The musculoskeletal (MSK) system, which consists of our bones, muscles and joints, experience strain as we move, work, and live. For businesses to thrive, it is critical to prevent and address MSK issues among employees.

[Book an MSK360 Demo](#)



Physical **EAP**

A solution for MSK Disorders in the workplace



Program **Overview**

Member MSK Screenings & Consults

- **IDENTIFY JOB INJURY PATTERNS & THERAPY PATHWAYS**
- **INDIVIDUAL EVALUATIONS**
- **POST EMPLOYMENT OFFER SCREENINGS**
- **FUNCTIONAL FITNESS SCREENING**
- **ACCESS VIA TELE-HEALTH**

Education & Prevention

- **LIBRARY OF MSD CONDITIONS**
- **SELF-SERVICE TREATMENT INTERVENTIONS**
- **CUSTOM WORKFORCE SPECIFIC CONTENT**
- **WORK HARDENING / EMPLOYEE ATHLETE PROGRAMS**
- **ACTIVITY AND ENGAGEMENT TRACKING**

Early Intervention & Treatment

- **Initiate TeleRehab Treatment with a PT/OT**
- **Reduces disability claims and lost time**
- **Triage member**

Reporting

MSK Workplace Solutions

Linking Prevention + Rescue into Enterprise Programs

Assess & Design the Program

Measure Baselines & Program Impact

Employee Education & Work Hardening

Health Services & Interventions | Outcome Mapping

Every Body
Physical Therapy works. Phzio makes accessing Physical Therapy easy and affordable. Within your first few sessions you will feel better.
Whats hurting on you?
Phzio

Body Health
Your physical wellbeing matters. Phzio's TeleRehab solution allows you to get the physical therapy you need. Wherever. Whenever.

Phzio has brought physical therapy into the future. When you add Phzio to your HSA, you and your family get unlimited sessions with a live Physiotherapist. If your body hurts, we can help. No more waiting for appointments or traveling to clinics. A Physiotherapist is ready for you wherever, whenever. Sore back, knees, neck, joints or muscles? A Physiotherapist can help.

Healthy | Happy | Strong
Save your HSA dollars for when you need them most.
\$3 Everyone or \$6 Employee Opt-in
\$1000 HSA
\$500 LEFT IN YOUR HSA \$500 NEW \$6,450/HR PT
\$976 LEFT IN YOUR HSA WITH Phzio
Phzio. Typical cost for an in-office episode of care is approximately \$200.
Note: There is no restriction on the number of employees in a company.

Low Back Pain
Low back pain is an overall term for disorders or injuries to the bones, cartilage, ligaments, discs, nerves and muscles around the spine in the low back area. If a cause cannot be identified, it may be called non-specific low back pain. Symptoms include: dull or sharp aches and pains, muscle spasms and tightness, pain on movement, or after prolonged sitting or standing, difficulty in standing up straight, walking, or standing up. Pain in the thigh, lower legs or feet can be present (radical). Work-related factors associated with its development include lifting or sitting with the spine flexed and/or twisted, repetitive lifting, sitting or standing on vibrating platforms or vehicles (whole body vibration).

Pre-patellar bursitis
Pre-patellar bursitis is swelling and inflammation of the bursa at the front of the knee over the knee cap (patella). A bursa is a fluid-filled sack that helps the movement of tendons around joints. Symptoms include pain, swelling and tenderness. Work-related factors associated with its development include kneeling on hard surfaces.

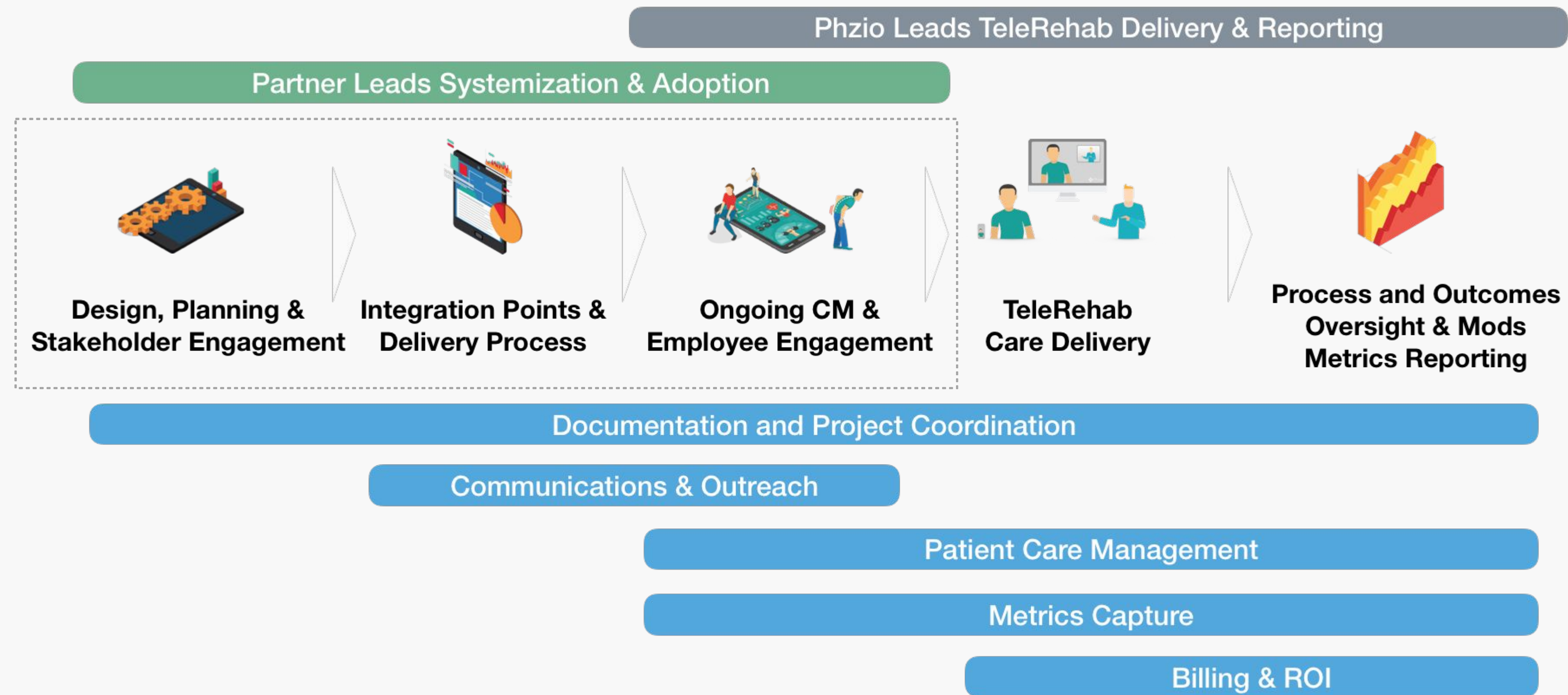
Tension Neck Syndrome
Tension neck syndrome includes a variety of disorders that involve the neck and shoulder areas. Symptoms include aching at where the neck and shoulders connect; the pain can be a dull aching pain or severe at times. Work-related factors associated with its development include work in awkward postures for prolonged periods as well as repetitive fast movements involving the hands and arms and time spent using a computer mouse. Mental stress can add to the likelihood of developing this disorder.

Experts & Experience

PROVIDE MEMBERS ACCESS TO THE BEST SPECIALISTS IN THE INDUSTRY VIA
PATIENT RELEVANT TECHNOLOGIES

Integrate & Scale

PHZIO'S TECHNOLOGY SYSTEMS AND CARE MODELS LEVERAGE A MODERNIZED
APPROACH TO SERVICE DELIVERY AND OVERSIGHT



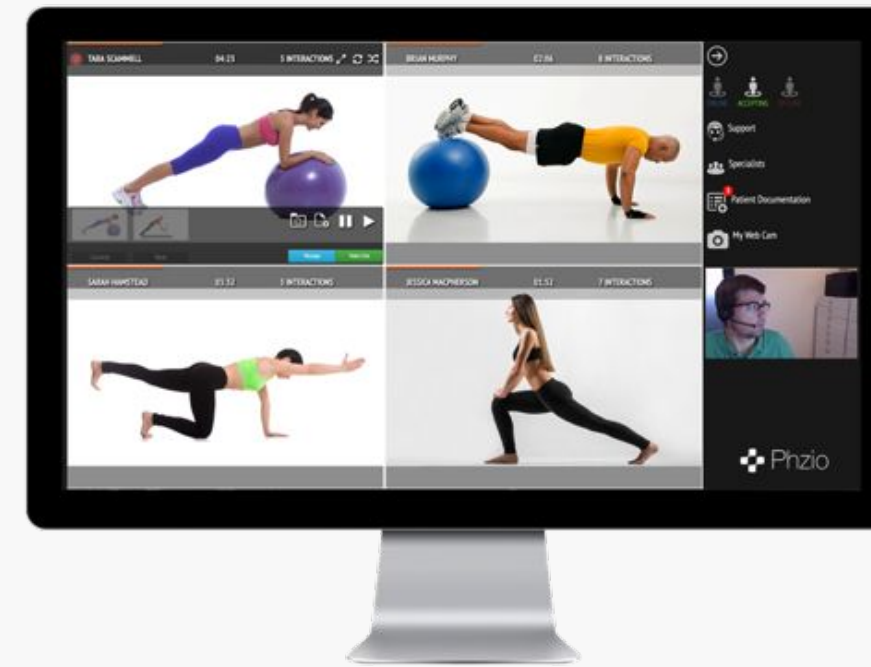
TeleRehab Elements



01

ONE-ON-ONE EVALUATIONS & CHECK-INS

PT's can check in on patients and
virtually evaluate their condition.



02

MONITORED THERAPY PROGRAMS

PT's can monitor up to 4 patients at
one time.



03

THERAPEUTIC CONTENT LIBRARY

Patients can do unmonitored
treatments with exercises from the
library. It contains over 1500 videos.

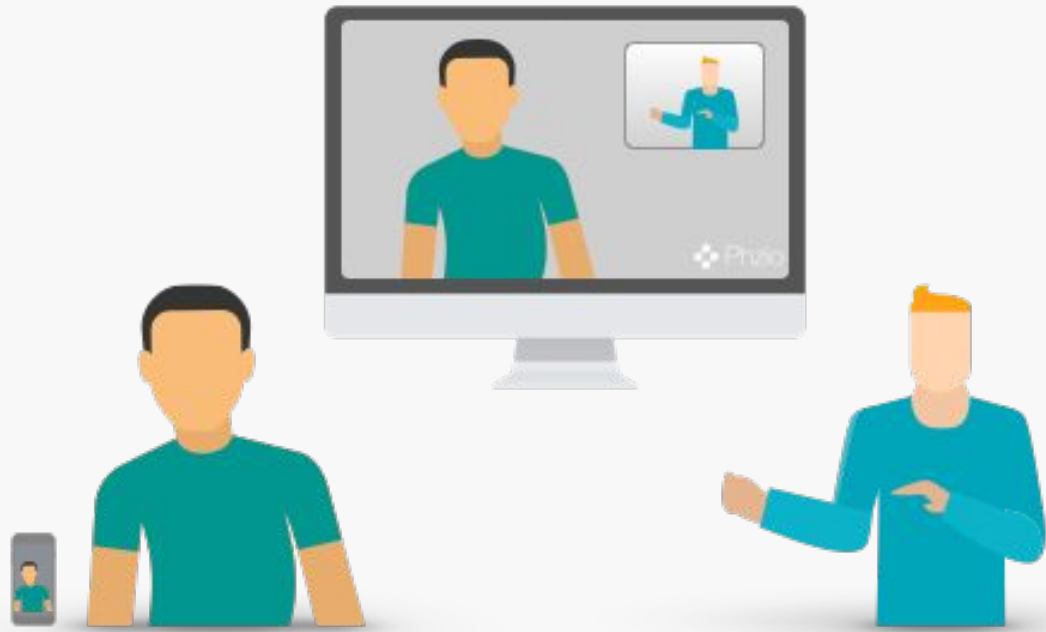
TeleRehab **Process**



Thomas Hinkle
Repetitive strain knee injury from running
Demo: Example



Thomas books a
telehealth appointment

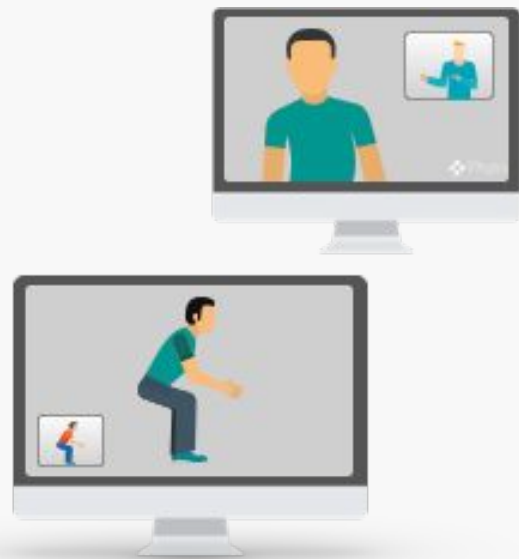


TRIAGE
Evaluation, Diagnosis
& Plan of Care
30 min



Therapeutic Program
Monitored by a Specialist

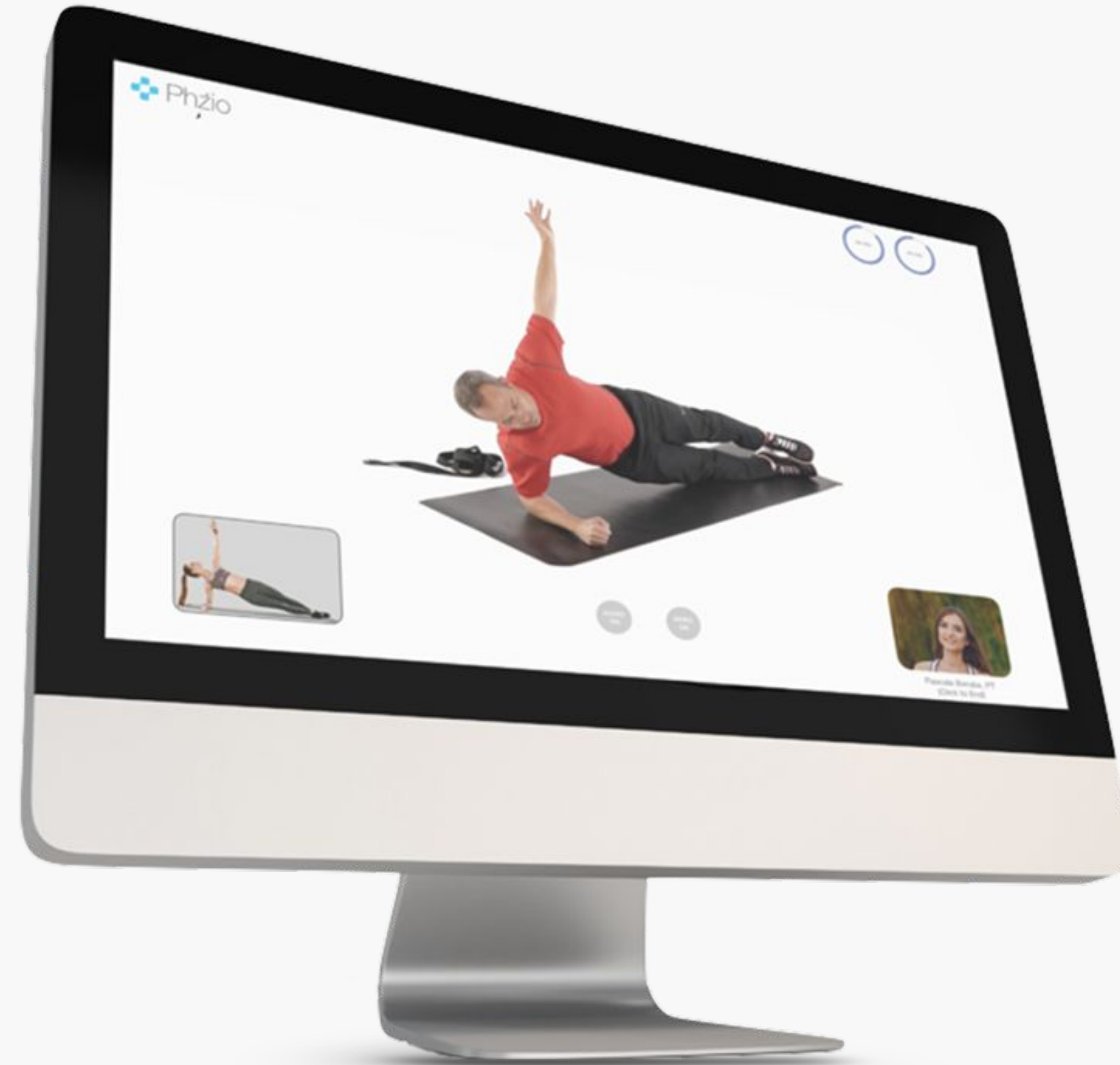
1x - 5x



Therapeutic Program
self-service &
one-on-one check-ins

∞

Driving Adherence



SUPERVISED THERAPY



SUPERVISED TREATMENTS MONITORING & ADJUSTING THERAPEUTIC INTERVENTION

- Live supervision of therapy
- Form and Technique
- Adjustments to Plan of Care
- Documentation
- Automated Billing

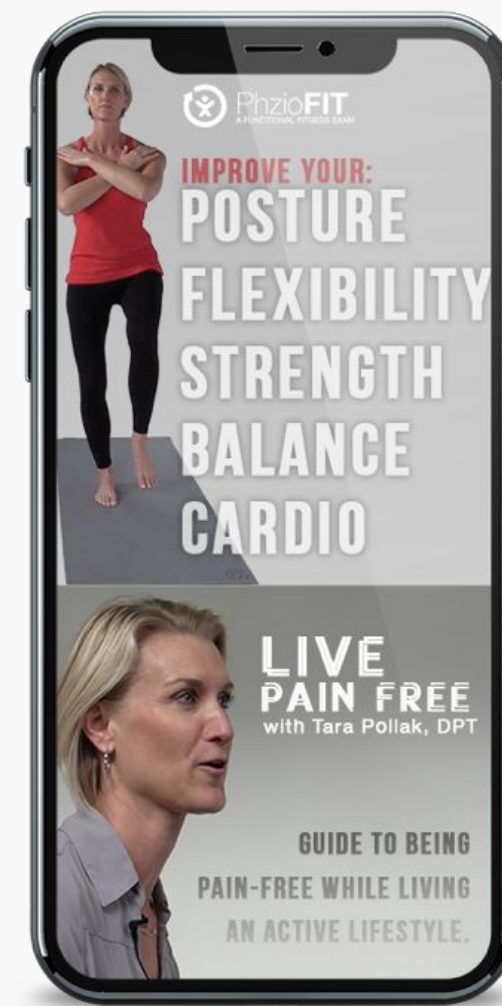


Functional MSK Screening
Tests & Interventions

On-Demand
Education Content

On-Demand
Fitness Content

On-site & Virtual
Ancillary Providers



Phzio

Search for a patient

+ Add

Quickstart

To Do List

Scheduling

Exercises

Template Protocols

Availability

My Profile

Help and Training

Exercises

Library

My Uploads

Body Focus

Exercise Type

Enter

Shoulder

☐ L/S

☐ Head/Jaw

☐ C/S

☒ Shoulder

☐ Elbow

☐ Wrist/Hand

Preview

Fav

Title

★

4-point Arm Lift/Quadruped with arm reach

★

AROM Alternate Shoulder Flexion Sitting on Ball

★

High Plank with Shoulder Taps

★

AAROM Shoulder Abduction

★

AAROM Shoulder Extension

★

AAROM Shoulder External Rotation

★

Alternating Front & Lateral Raises with Weights

★

AROM Alternate Shoulder Flexion Prone on Ball

★

AROM Scaption

★

AROM Shoulder Abduction (Lateral Raises)

★

AROM shoulder abduction in standing

★

AROM shoulder extension in standing

★

AROM Shoulder Flexion (Front Raises)

★

Bilateral Shoulder External Rotation

★

Bilateral Shoulder Resisted Horizontal Abduction

★

Bird Dog (Quadruped opposite arm and leg)

★

Bridge with Alternate Shoulder Flexion/Extension

3 m 10 s

3 m 43 s

3 m 8 s

AAROM Shoulder Abduction

0:00 / 3:09

Therapeutic Exercise Library

1000+ videos

Therapeutic Activities & Exercises

Neuromuscular Re-education

Educational & Preventive

Lifestyle

© 2016 – 2019 PHZIO

Pricing Model

**Pricing
Model
%40 less
than clinics**

Service | Per Treatment Model

\$75-39

Per Eval & Treatment

Episode Of Care Is typically 3-10 treatments.
Patients are not charged for unmonitored
treatments.

Service | Physical EAP

\$1-3 PMPM

MSK Workplace Solutions

Proactive employee engagement
for prevention and rescue.

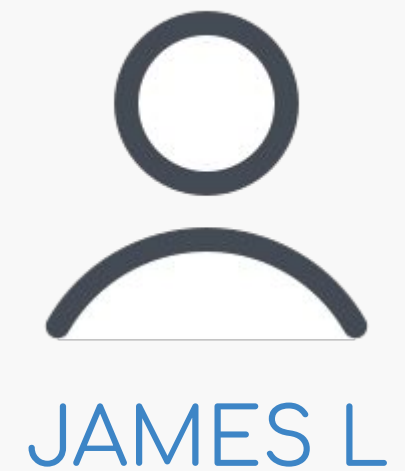
Our pricing model is much more cost
effective than the standard clinic cost for
Physiotherapy.
A normal clinic visit can cost upwards of
\$120

New Territory



Testimonial

“
The experience was great!



I probably saved about 2 hours of travel time compared to traditional appointments.

My physiotherapist was very helpful in guiding me through exercises. She helped direct me back to my doctor as needed. I wish my doctor and ENT I was referred to took the time the way she did.

In fact, I am wondering if I could use more assistance.”

Modelling the Virtual Care Ecosystem

TECHNOLOGICAL CAPACITY & CAPABILITY



SERVICES & PROVIDERS



PARAMEDICAL TELEREHAB



DOCTORS/SPECIALISTS



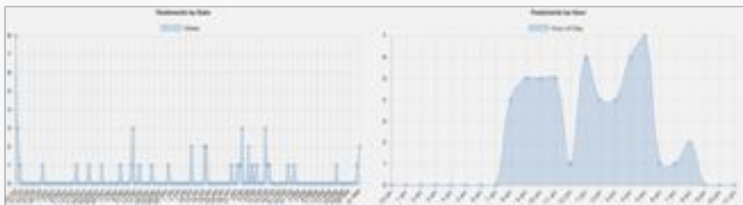
FITNESS, NUTRITIONAL,
MENTAL WELLNESS, LEGAL,
EXECUTIVE COACHING AND OTHER
COVERED SERVICES

ENTERPRISE SERVICE MODELLING AND OVERSIGHT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5



TRACKING, ANALYSIS & DATA INTEGRATION



Sample Booking Experience

Phzio

physical therapy | anywhere

Next

Enter your contact details

Full Name

John Doe

Email Address

john.doe@

Mobile Number

(613) 608-8889

Birth Date (yyyy-mm-dd)

1972-07-05

Country

Canada

Region

Ontario

☒ I have read and agree to the [Terms of Service](#)

☐ I'm not a robot

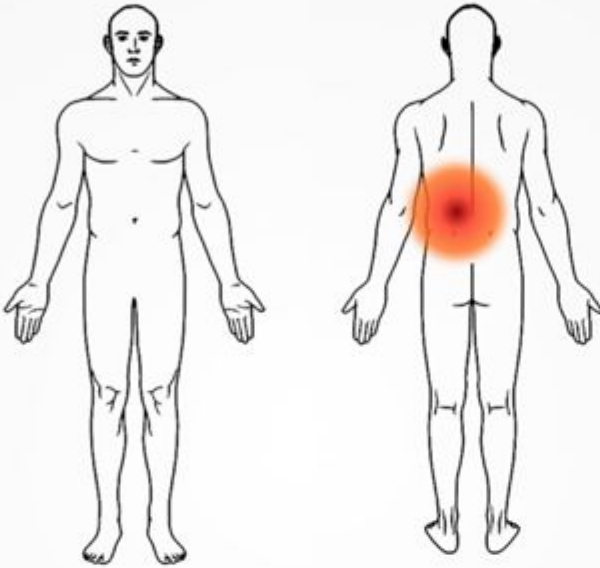
CONTACT INFORMATION

Phzio

physical therapy | anywhere

Next

Move the circle to the area that is hurting



AREA OF INJURY


Phzio

physical therapy | anywhere

Next

Record a description of your pain

Re-Record Video



Sending us a video in advance of your visit helps us be more informed about your issues.

VIDEO DESCRIPTION (OPTIONAL)

Phzio

physical therapy | anywhere

Book your appointment

Current time is: 10:34 EST

Choices will reload in 01:50

Monday (Today)

January 21st 2019

Tuesday

January 22nd 2019

Wednesday

January 23rd 2019

Thursday

January 24th 2019

Friday

January 25th 2019

Saturday

January 26th 2019

Sunday

January 27th 2019

2019-01-28

TIME OF APPOINTMENT

Phzio

Hi Curtis Hallister,

This is a reminder of your upcoming video consultation. Here are the details:

Date: January 22nd 2019

Start Time: 10:30 AM EST

Host: Curtis E. Hallister

The following link will provide you with direct access to this chat:

Enter Consultation

The participants on this call are:

Curtis Hallister

Curtis E. Hallister

Phzio

BOOKING AN APPOINTMENT



Closing

Thank you for your time.

Curtis Hollister
COO

613-608-8889
chollister@phzio.com

