



kiio

CASE STUDY

Impact of Kiio with a Manufacturing Population

Kiio Employer Case Study – Manufacturing



Our client is a multi-plant manufacturing operation with facilities in Wisconsin, North Carolina, and Arkansas. Their Manufacturing lines run 24/7 and MSK spend was rising.



Kiio was offered to employees to help avoid surgical spend. Kiio demonstrated strong results in pain reduction, improved function, and member satisfaction.



95%

say **Kiio** is easy to use

92%

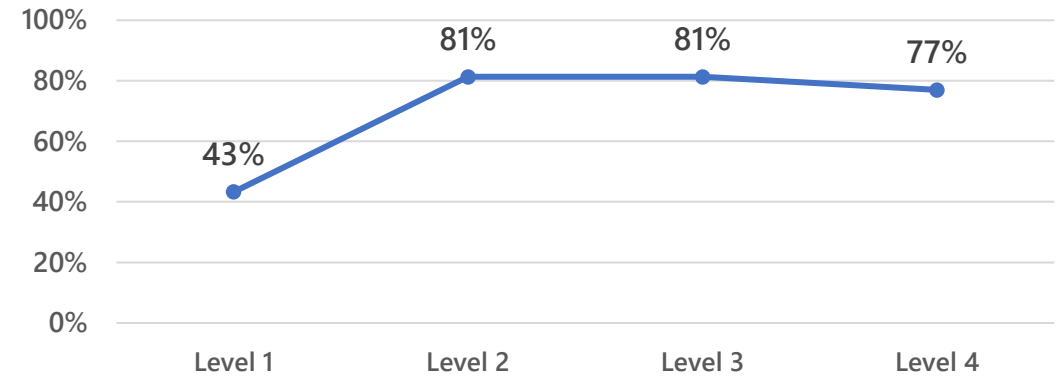
would **recommend** to a friend

87%

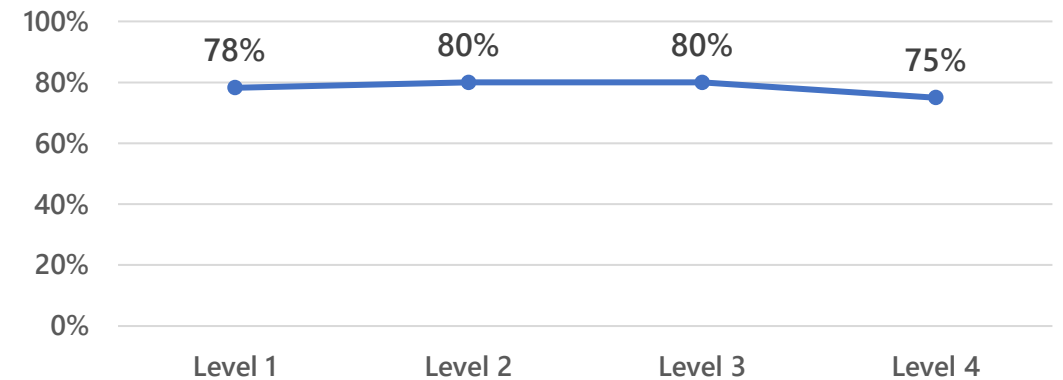
learn how to **better manage** their pain

Pain Reduction with Kiio

Average Reduction in Pain from Baseline*



Percent Enrollees Experiencing Reduced Pain*

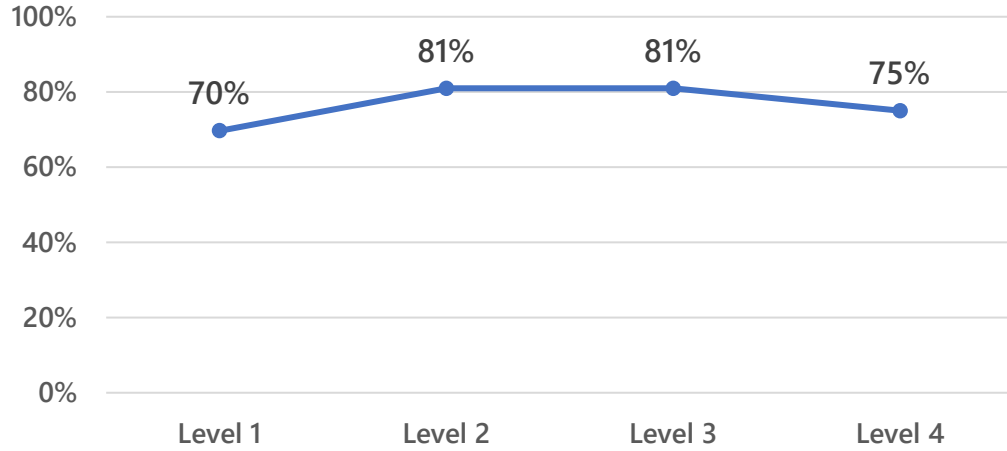


*Based on reduction from baseline using NRS pain scale.

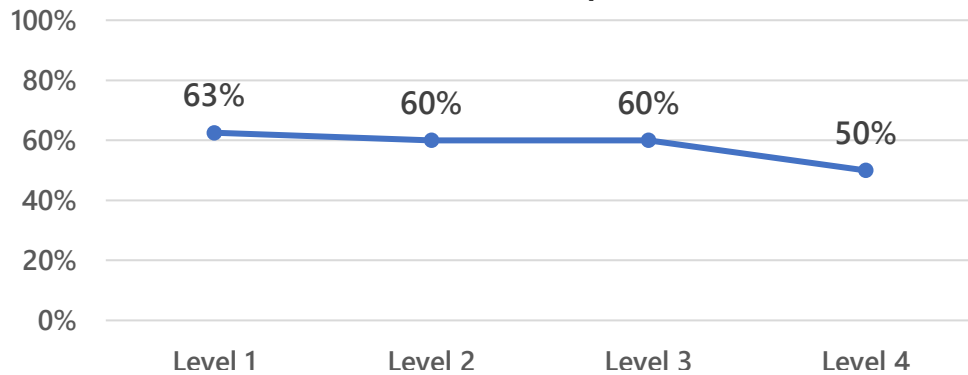
Clinical significance defined as 30% or more. VIII International Forum on Primary Care Research on Low Back Pain; Ostelo R, Deyo R, et al. Interpreting Chance Scores for Pain and Functional Status in Low Back Pain, Towards International Consensus Regarding Minimal Important Change. Spine. Vol. 33, No. 1, 90-94.

Improved Function with Kiio

Average Improvement in Function**



Percent Enrollees with Improved Function**



** Based on reduction from baseline using PSFS scale.

Tracks member-perceived level of difficulty with a functional activity identified by member as negatively impacted by back pain and personally relevant.

Kiio Member Testimonials



"The exercise demonstrations are done well and makes it easy to replicate."

"It's easy!"

"I can do either express or complete depending on my schedule. Makes it easier to do it everyday."

"Keeps me motivated."

"...the three levels of progression. Great pace and not too difficult at the start."