

kaia  
health



“Make sure your hips are directly above your knees”

#1

chronic condition in the US

1 in 2

report musculoskeletal pain

\$635B

total cost of pain nationally

## Drive down musculoskeletal costs with digital-first care

Kaia Health offers a **groundbreaking digital-first therapy** to help employees manage pain, improve quality of life, and prevent costly healthcare procedures.

- ✓ **End-to-end solution**  
Musculoskeletal care for the whole body, including pelvic health and balance support in both English or Spanish available through an **all-in-one app**.
- ✓ **Comprehensive care**  
**Whole-body approach** to exercise, relaxation, and education with expert guidance by Motion Coach™ and a human care team.
- ✓ **Cost-effective approach**  
Industry-leading claims savings and ROI at a **fraction of the cost**.



75%

of employers report musculoskeletal disorders as a top claims spend area

“ Stacy, Kaia member

Kaia has saved me an incredible amount of time in not having to schedule and travel to physical therapy appointments. **I can do the routine when it is convenient for me.**

”

## The Kaia difference

### Holistic musculoskeletal support

Personalized care plans for musculoskeletal and pelvic health conditions with tailored exercises, relaxation techniques, and educational content.

### Exercise guidance via Motion Coach™

Real-time instructions, audiovisual feedback, and functional evaluations by Motion Coach™, the industry's only clinically validated computer vision technology proven for safety across hundreds of thousands of users.

### Tailored for engagement

Omni-channel communications, personalized reminders and nudges, and unlimited 1:1 support from care team of health coaches and physical therapists for plan personalization and care coordination with ecosystem resources as needed.

### Industry leading outcomes

The only digital MSK solution to achieve Program Validation by the independent third party Validation Institute, demonstrating substantial improvements in physical and mental health, remarkable financial returns, and significant clinical rigor.

### Accessible to all

All-in-one app designed with accessibility in mind, including multilingual availability in English and Spanish, easy-to-understand content, and 24/7 care access with no need for additional devices or equipment.

To discover how Kaia Health can partner with you, visit us at [kaiahealth.com](https://kaiahealth.com)

## Backed by results

After launching Kaia for its employee population, a Fortune 150 company in the energy and utilities industry with a diverse employee population reported the following outcomes after one year:



**\$990K**

Cost savings



**\$1,819**

Saved per employee

**3x**



Return on investment

These findings highlight the potential of a digital-first solution to address MSK issues among employees while reducing unnecessary care, and optimizing healthcare expenditures.

