



Musculoskeletal

Best-in-class multimodal digital therapeutic using technology and a human touch to impact the leading cost driver for organizations, musculoskeletal health. Kaia Health's 6-week Essential Program helps you rapidly adopt Kaia Health into your organization and provides maximum visibility to improve outcomes and help control costs.

Personalized and connected experience

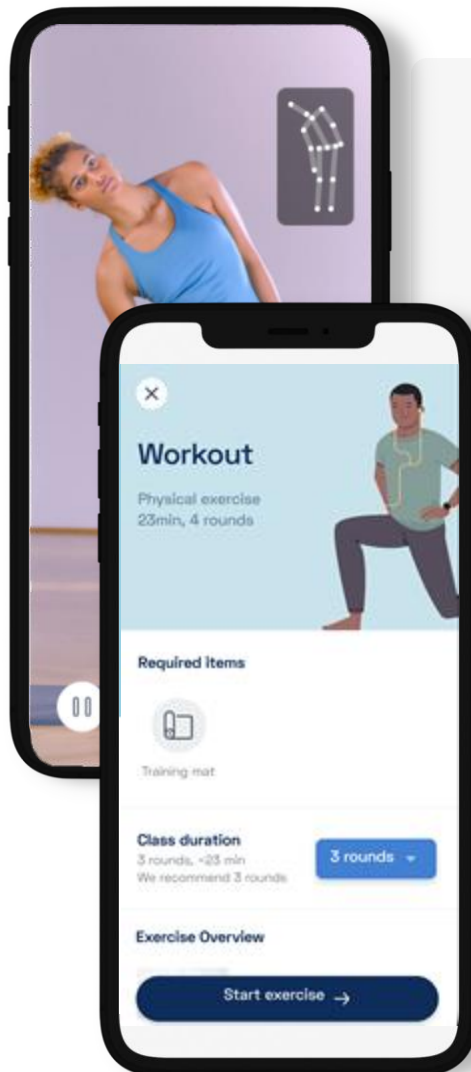
Kaia Health's programming combines a variety of mobility, strengthening, breathing and wellness exercises for back, shoulder, neck, hip, knee or osteoarthritis pain. Virgin Pulse and Kaia Health work together to empower and motivate members to take control and self-manage their conditions with an effective, non-pharmacological, digital alternative in a six-week intervention program.

Real-time feedback and rewards

Our built-in computer vision technology provides corrective exercise feedback in real-time using a member's mobile device or tablet camera—no additional hardware is required. As members complete classes, they can earn real-time rewards in the Virgin Pulse platform to support ongoing healthy habits and self-management of care.

Evidence-based approach

Kaia Health has completed multiple randomized control trials to demonstrate safety and efficacy, providing peace of mind.



1/5

Almost one-fifth of all U.S. healthcare costs (18.9%) are due to MSK disorders such as neck and lower back pain¹

11

Workdays are lost per person yearly due to MSK conditions – one of the largest drivers of disability claims

Essential 6 Weeks

App-only experience for 6 weeks. **Best for managing single condition in a self-serve manner**

Want to learn more? [Watch our Kaia Health demo.](#)

Sources: 1. Dieleman, J. L., Cao, J., Chapin, A., Chen, C., Li, Z., Liu, A.,... & Murray, C. J. (2020). US health care spending by payer and health condition, 1996-2016. *Jama*, 323(9), 863-884.
2. Kaia Health and [Kaia Published Study](#)



Musculoskeletal

Best-in-class multimodal digital therapeutic using technology and a human touch to impact the leading cost driver for organization’s musculoskeletal health. Kaia Health’s Extensive Full Offering for VP+ helps you rapidly adopt Kaia Health into your organization and provides maximum visibility to improve outcomes and help control costs.

Personalized and connected experience

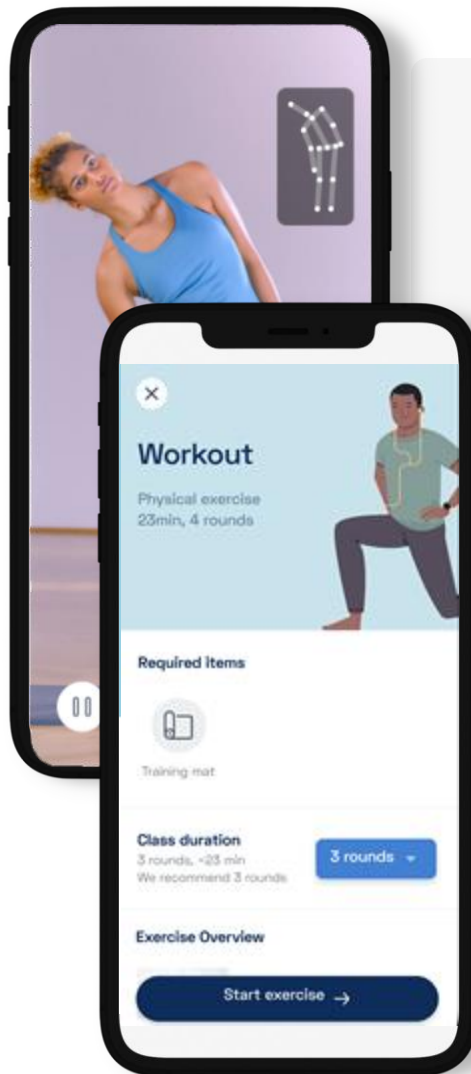
Kaia Health’s programming combines a variety of mobility, strengthening, breathing and wellness exercises for back, shoulder, neck, hip, knee or osteoarthritis pain. Virgin Pulse and Kaia Health work together to empower and motivate members to take control and self-manage their conditions with an effective, non-pharmacological, digital alternative, along with care team support.

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Extensive Full offering

Annual access to app + care team. **Best for a more engaging, end-to-end clinical solution that manages MSK spend**

Want to learn more? [Watch our Kaia Health demo.](#)

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