vori health

INDUSTRY CASE STUDY: MUNICIPAL WORKERS

Why Treating Arthritis Takes More Than a Physical Approach



MEMBER STORY

"I absolutely love my Vori care team. They really take the time to **help you physically or mentally.** I am now exercising more, hydrating more, and feel better about myself because I am achieving small goals and have way more energy."

— LISA C.

When pain spirals

Lisa is a municipal worker in Texas who has battled chronic knee pain from arthritis. A few years ago, she could barely walk and had both knees replaced. Her pain got better, but then COVID hit. Lisa's in-person physical therapy (PT) was cut short and she lost motivation. She developed stiffness that limited her mobility, gained weight, and started feeling depressed. She was feeling hopeless and out of options. **When Lisa heard about Vori Health through her employer, she immediately signed up.**

After an evaluation with a Vori doctor, she received a personalized care plan including PT and health coaching to support her mental health and weight loss goals. She met with her care team for follow-ups, completed her at-home PT, and within one month, she regained strength and mobility, lost weight, and improved her mood. **Her pain went from a 5/10 to zero.** Lisa is now back to exercising and enjoying her life.

1/3 of people with arthritis over the age of 45 also suffer from depression or anxiety.[2]

INDUSTRY PROFILE

Municipal Workers

Size of industry: **7.6 million employees**[1]
Average age: **49.3 years**[1]

Industry MSK issues

- Joint pain due to sedentary nature of work, poor posture, and repetitive tasks
- Co-morbidities including anxiety, depression, and obesity

Employees with arthritis miss an average of 2 more work days per year.[2]

Award-winning MSK care made easy

For employees who have difficulty taking time off from work to deal with MSK issues—especially those in rural areas with limited access to specialists—Vori's digital platform makes getting better easier. Members get:

- ✓ Convenient video visits
- ✓ Appropriate, non-invasive treatment
- ✓ Doctor-led care for mental & physical health

[1] US Bureau of Labor Statistics, 2023 [2] Osteoarthritis Action Alliance , accessed July 2023

To receive a demo, call **949-338-6814**
or visit **www.vorihealth.com/employers**



↑ **70%**
of Vori Health patients report improvement in physical, mental, and social well-being

↓ **60%**
experience a reduction in feelings of anxiety or depression

↓ **78 %**
Surgical referral reduction rate

Vori 's care program for low back pain reduces surgery, pain, imaging, and injections.

INDEPENDENTLY VALIDATED PERFORMANCE

Validationinstitute