

vori health

INDUSTRY CASE STUDY | RETAIL

Taking Stock of and Relieving Employee Pain in Retail

Julia R. is a 42-year-old grocery store associate who works at a large chain in Skokie, IL. A few years ago, she started experiencing pain in her right knee. The pain worsened in the past year—**she could feel her knee swell up and needed to take long breaks to get through her shifts.** Worried about losing her job, she started feeling depressed and no longer wanted to do things she used to enjoy, like taking walks with her husband at their local park. Julia had always struggled with her weight and gained several pounds in the past few months. Her PCP recommended she lose weight, but she didn't know where to begin.

Great care within reach

Julia saw a poster about Vori Health in her store's break room. "I was so happy to see it in Spanish," she says (English is not Julia's native language). She scheduled a telehealth appointment for the next day with a Vori Health medical doctor and physical therapist.

Her doctor diagnosed her with osteoarthritis and she began a treatment plan of anti-inflammatory medication to reduce her swelling and discomfort, virtual physical therapy to strengthen her knees and help restore motion, and health coaching and nutrition sessions to help support a healthy weight loss journey. **In six weeks, she lost eight pounds and her pain decreased by 65 percent.** She can work longer shifts without needing breaks—and is back to enjoying regular walks with her husband.

> "Now that I have Vori, my pain is so much better. I have more energy and feel like me again."



JULIA R., GROCERY STORE ASSOCIATE

THE POWER OF HOLISTIC PAIN CARE

Every pound lost equals a **4X** reduction in pressure on the knee.[1]

INDUSTRY PROFILE



Retail

INDUSTRY SIZE: **16M EMPLOYEES**[1]
AVERAGE EMPLOYEE AGE: **40 YEARS OLD**

Every year, more than 1 out of 3 retail employees experience new MSK pain[2]**.** Contributing factors include:

- Long hours standing
- Heavy lifting and awkward postures
- Poor ergonomics
- Unpredictable or overnight hours that impact sleep and weight

Cost-effective relief for your workforce

Out of all industries, retail holds **the second highest rate** of new MSK pain cases per year. Your employees can't wait. Help your team overcome pain with appropriate medical care that keeps your high-cost claims in check.

- ✓ Convenient video visits with multi-language support
- ✓ Doctor-led care that reduces unnecessary surgery
- ✓ Physical therapy and 1-on-1 healthy lifestyle coaching

Experience a one-stop shop for MSK care.

Visit vorihealth.com/employers or call **949-338-6814** to learn more about our easy and effective MSK solutions.

[1]Messier, 2005
[2]Bureau of Labor Statistics, 2024
[3]Bureau of Labor Statistics, 2020



62%
pain reduction

61%
improvement in mental health

78%
reduction in surgeries

Vori Health's holistic care model, as certified by the Validation Institute for low back pain, reduces pain, surgery, imaging, and injections.

INDEPENDENTLY VALIDATED PERFORMANCE

ValidationInstitute