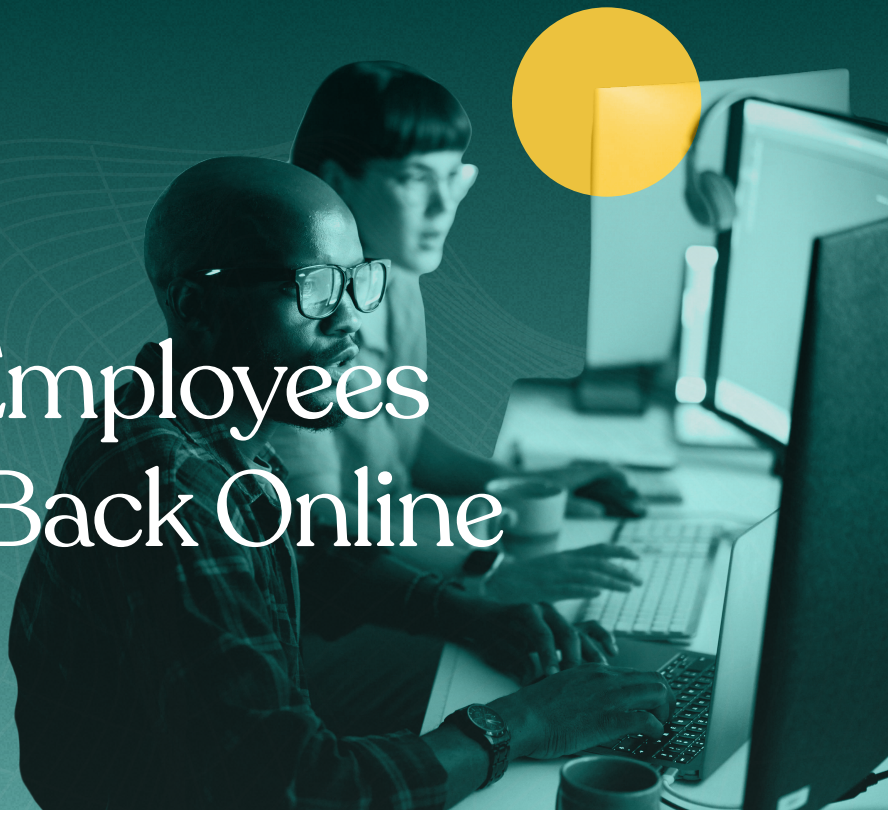
vori health

CASE STUDY | TECHNOLOGY

Getting Tech Employees Out of Pain & Back Online Quickly



Neel K. is a 42-year-old software engineer from Texas. For more than a year, he had been struggling with lower back pain. Sitting only made it worse, which was problematic because Neel typically spends long hours in front of a computer for work. **His pain would grow intolerable after just 30 minutes.** His symptoms started to impact other meaningful parts of his life as well, like sitting to pray.

Up and running again

Neel heard about Vori Health through his employer. He scheduled a telehealth visit and quickly got the answers he was looking for when he met with a Vori Health specialty physician and physical therapist. “They understood the issue right away,” says Neel, who was diagnosed with non-specific back pain (the most common cause of low back pain) and prescribed exercises to improve his flexibility and strengthen his core.

Neel found relief right away. After following his personalized care plan on the Vori Health app for just one week, Neel reported **his pain was 50% improved.** Neel continues to make progress while traveling out of the country with easy access to his next set of exercises as well as chat messages with his care team.

> “I followed the exercises and within a week, I could see an improvement in my pain. I am very thankful to the Vori team.”



NEEL K., SOFTWARE ENGINEER

Tech companies spend **$1,685 per employee per year** in productivity losses related to back and joint pain.[1]

Driving value with Vori's hybrid care model

Employees who recognize that they have a voice in driving their care decisions are more likely to stay engaged and complete their programs. For one technology company with employees across the country, **Vori Health's nationwide in-person and virtual appointments gained major traction** as a new benefit, achieving a 3.5 percent utilization rate in less than three months. By providing the type of physician-led care that employees are looking for, Vori Health empowers employers with proven solutions to meet the needs of their employees with MSK pain.

MEMBER OUTCOMES

11% annualized utilization

80% of members report pain improvement

65% pain reduction

62% of members report improved anxiety

42% of members report improved depression

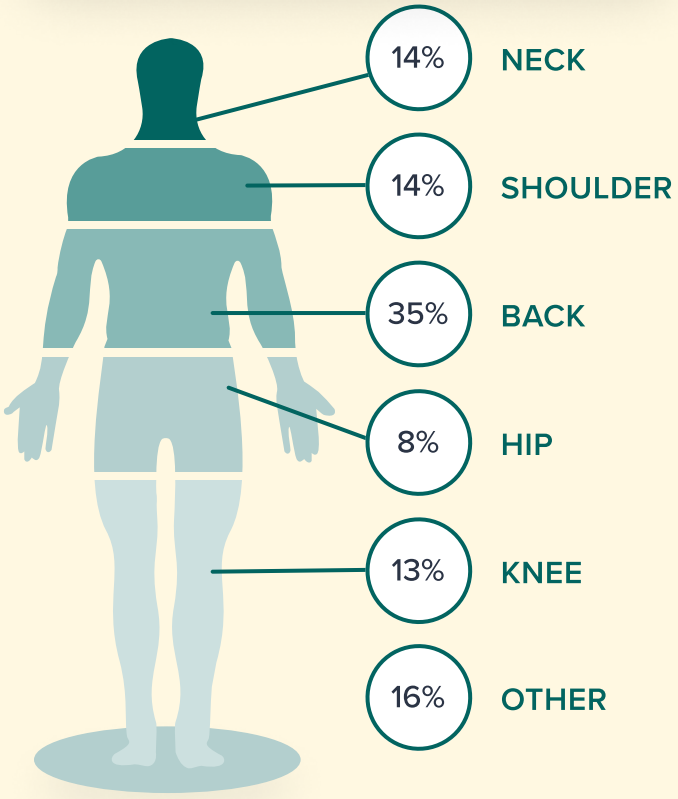
MEMBER TESTIMONIAL

"Long hours of computer use had taken a toll on my right hand with pain from using a mouse. Some days the pain would be really bad and others it would be nonexistent. I wanted to get rid of the pain and be able to work and use my computer in my personal time without worrying about it.

The team at Vori Health assisted me by giving me a variety of exercises that worked quickly to alleviate the root cause. I'm now pain free in my hand and my hand is stronger than ever!"

Improved elbow, wrist, & hand pain

CLINICAL CASE MIX BY AREA



INDUSTRY PROFILE



Technology

INDUSTRY SIZE: **12M EMPLOYEES**
AVERAGE EMPLOYEE AGE: **35-40 YEARS**

More than 1 out of 3 tech employees struggle with MSK pain[2]. Contributing factors include:

- Back pain from prolonged sitting
- Wrist and neck pain from poor ergonomics
- Injuries from high-impact sports and weekend hobbies
- High-stress environments that can worsen pain

Debugging the root causes

As a younger population, many tech employees don't yet know how to navigate the complex healthcare system. **Fast access to the right care is key.** Vori Health makes it easy by bringing appropriate medical care straight to your team's fingertips.

- ✓ Convenient video visits within 48 hours
- ✓ Doctor-led care that reduces unnecessary surgery
- ✓ Physical therapy & 1-on-1 healthy lifestyle coaching

Reboot your employees' experience with pain.

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

[1]CDC Foundation, 2015

[2]PubMed: National Library of Medicine, 2011

REAL OUTCOMES, REAL ROI



LESS THAN **3%**

of members are referred for surgery*

UP TO **4x**

return on investment*

$3,192

annual savings per member*

*Vori Health Book of Business

INDEPENDENTLY VALIDATED PERFORMANCE

ValidationInstitute

Vori Health's care model for low back pain is proven to reduce pain, surgery, imaging, and injections.