

kaia
health

89°
88°
87°
86°
85°
84°
83°



1 in 2

experience chronic pain

1 in 3

report mobility issues

1 in 5

falls result in serious injury

Musculoskeletal care tailored to the senior population

Kaia Health offers a **groundbreaking digital-first therapy for older adults** to help manage pain, improve balance, and prevent costly falls.

- ✓ **Comprehensive care**
Musculoskeletal care for the whole body including pelvic health and balance support in English or Spanish, available through an **all-in-one app**.
- ✓ **Easy to use program**
Access all exercises and content in **English or Spanish**, with 24/7 support from Motion Coach™ and clinicians.
- ✓ **Immediate access**
Receive a personalized care plan in **less than five minutes**.



1 in 4

older adults fall each year

“ John, Medicare member

I had no idea digital therapy could be this helpful. **I have learned so much more about my condition in two sessions than in eight weeks of in person PT.**

”

The Kaia difference

Holistic musculoskeletal support

Personalized care plans for musculoskeletal and pelvic health conditions, with tailored exercises, relaxation practices, and education content based on gold-standard multimodal rehabilitation.

Balance program for seniors

Custom therapy pathway to improve balance and strength in older adults (65+), developed based on CDC fall prevention guidelines – included at no additional cost and accessible through the the all-in-one Kaia app.

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 that provides corrections as accurate as those of a human physical therapist.

Human care where beneficial

Dynamic support from care team of health coaches and Doctors of Physical Therapy (DPT) via in-app chat or 1:1 live sessions. Our experts can adjust care plans and provide further care navigation as needed.

Accessible to all

All-in-one app designed with accessibility in mind, with 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

Backed by results

A study of more than 2,500 senior users in the Kaia program revealed the following outcomes after six months:



-53%

Reduction in pain



+56%

Improved mobility



-54%

Less fear of movement



+79%

More confidence in managing health

These findings highlight the positive impact of the Kaia program on both the physical and mental wellbeing of older adults, significantly improving their quality of life.

