



kaia
health



"Raise your head a little.
Three more to go!"

1 in 2

report musculoskeletal pain

#1

chronic condition in the US

90%

don't receive appropriate care

Empower your members with digital musculoskeletal care

Kaia Health offers a **groundbreaking digital-first therapy** to help members manage pain, improve quality of life, and prevent costly healthcare procedures.

✓ **End-to-end program**

Musculoskeletal care for the whole body including pelvic health and balance support in English or Spanish, available through an **all-in-one app**.

✓ **Evidence-based care**

Developed in accordance with **national guidelines** and demonstrated to improve outcomes in **numerous clinical studies**.

✓ **Integrated care delivery**

Seamless coordination between the Kaia care team and your health plan network to **optimize care outcomes**.



\$130B

Annual cost to payers incurred by musculoskeletal disorders

“ **Joe, Kaia member**

Kaia is awesome! The exercises target my lower back very efficiently and it's so great to have the app guide me through **different exercises every day.**

”

The Kaia difference

Holistic musculoskeletal support

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

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.

Clinically rigorous care

Care model validated by 20+ peer-reviewed publications, including randomized controlled trials, to improve clinical outcomes and reduce musculoskeletal spend by up to 80% compared to traditional treatment models.

Accessible to all

All-in-one app designed with accessibility in mind including multilingual availability in English and Spanish, easy-to-understand content, and 24/7 care access with no need for additional devices or equipment.

Optimized for health plans

Integrated as a digital-first pathway within your case management workflows with 1:1 support from health coaches and physical therapists to manage high-risk members, streamline downstream services, and optimize utilization of healthcare resources.

To discover how Kaia Health can partner with you, visit us at kaiahealth.com

Backed by results

After launching Kaia Health for its commercial population, a health plan reported the following outcomes:



-58%

Reduction
in pain



+33%

Improvement in
sleep quality



+54%

Improvement in
confidence



-80%

Reduction in
surgery intent

These findings highlight the positive impact of the Kaia program on the physical and mental wellbeing of members, as well as the potential to reduce costly and unnecessary healthcare services.

