

Less Pain. Realized.

# Transforming Chronic Pain Management



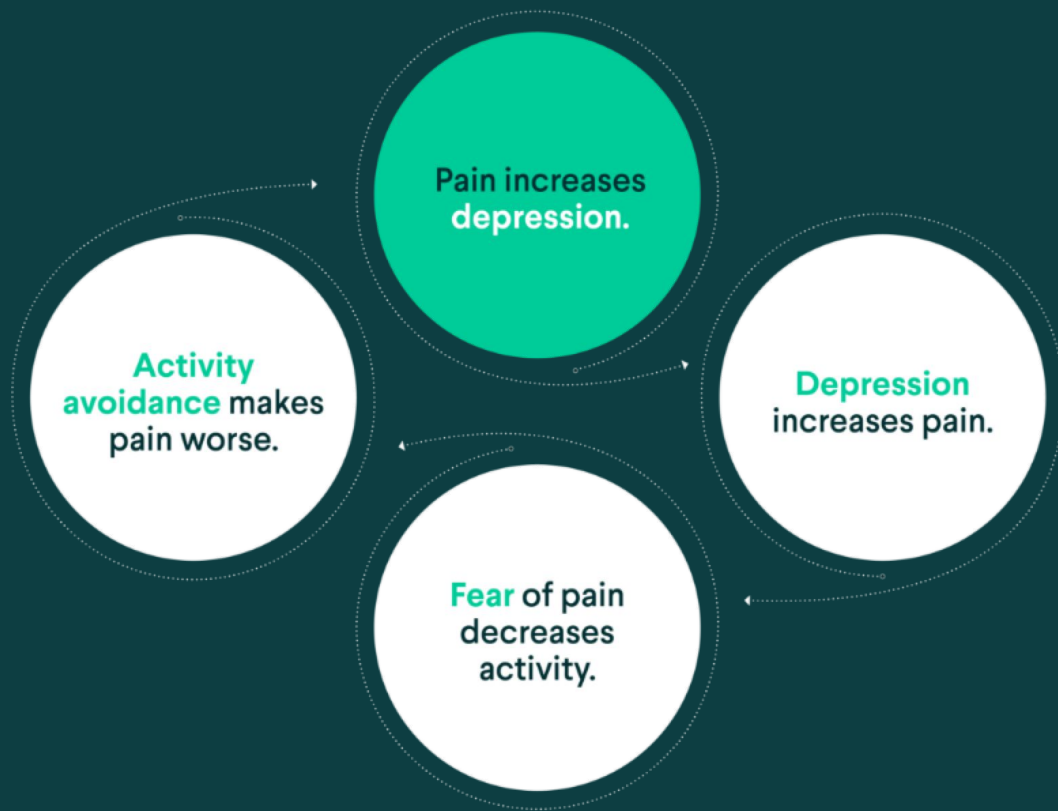
It's Time for a New Approach

# Physical, Psychological, and Social

Three critical layers to  
managing pain.

Over decades of treating chronic pain patients, our partners at Mass General Hospital in Boston and Confluent Health have seen first hand that chronic pain is rooted in physical, psychological and social factors.

This foundation in evidence and research allowed us to approach pain differently than the rest of the market.



Digital Care Management

# Improving Outcomes and Lowering Costs

With a targeted

# 3:1 ROI

Our digital care management solution makes it easy for you to drive outcomes and savings in your member or employee population living with chronic pain.



**We identify and engage your members living with chronic pain**

We work with you to identify your members living with chronic pain, and at risk of worsening condition and unnecessary healthcare resource utilization



**We help your members improve function, reduce unnecessary care, and save money.**

Our integrated offering includes pain neuroscience education, mindfulness practice, calming experiences, gamified exercise and movement, and coaching, all incorporated into personalized care plans



**We report member engagement, outcomes, and savings data back to you.**

Our analytics platform is designed to measure engagement and progress in value-based care, enabling a collaborative approach to tracking progress, outcomes and savings



## An integrated care management solution designed to improve outcomes and lower costs



We work with sponsors to identify your members with chronic pain

We engage, assess, triage, route and/or manage your members - improving function and outcomes at reduced cost

We provide a fully managed solution - guiding the member & delivering the digital intervention...

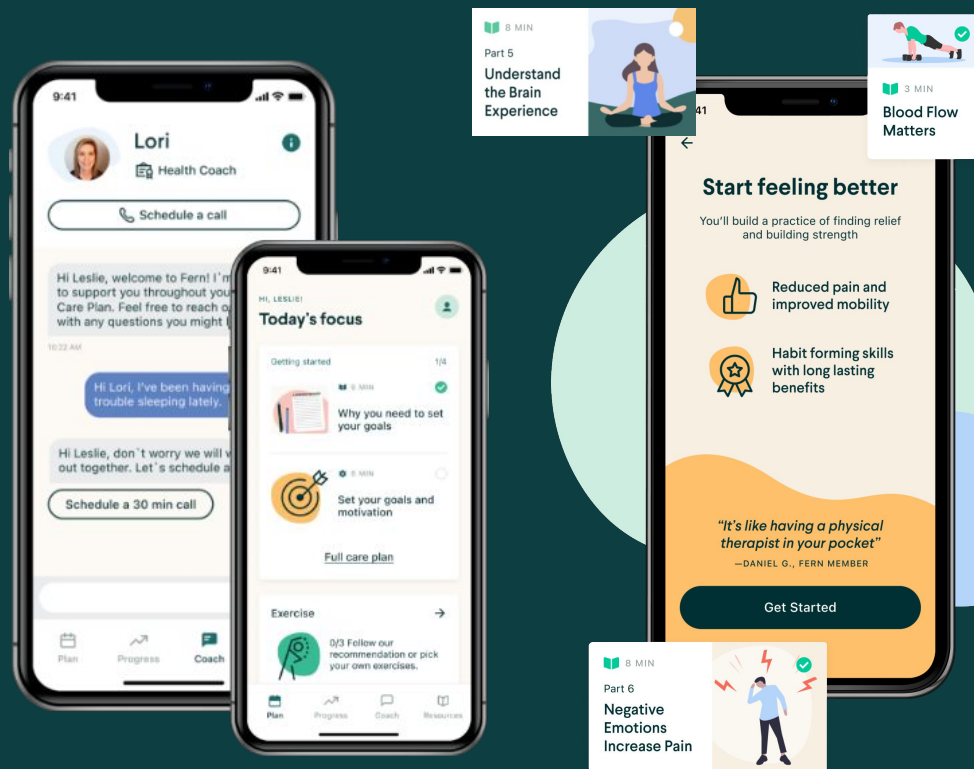
...connecting the member with clinicians where necessary via our partner network

## Our Foundation

# The Fern Program

Addressing the root causes of chronic pain through evidence-based practices and education

We provide members with clinically-validated, non-invasive, personalized program that reduces pain and builds skills that encourage lasting relief.



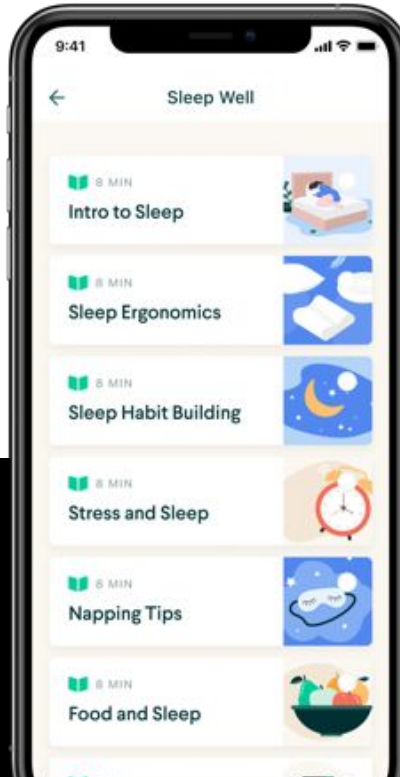
## Movement

Assess baseline member activity and use SMART goal setting and motivational interviewing to help members make progress in overcoming anxiety or fear of movement.



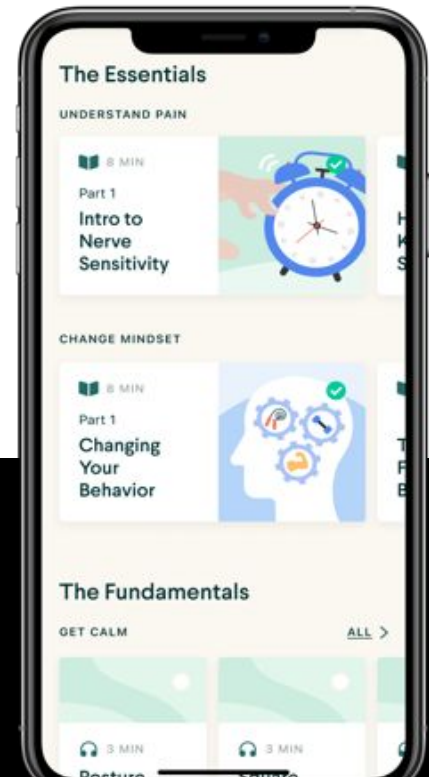
## Sleep

Teach member lasting strategies proven to develop positive sleep routines and have them set weekly action plans to help improve sleep habits.



## Emotional Health

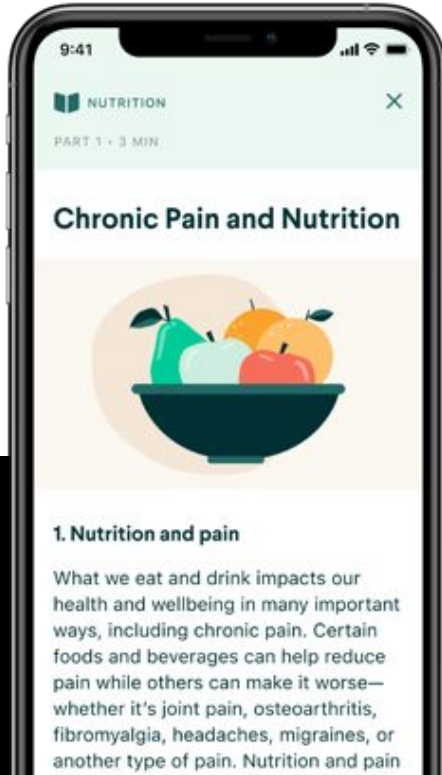
Address member beliefs and cognitions that lead to harmful behaviors and teach them to conceptualize pain in a new way while developing positive coping skills.





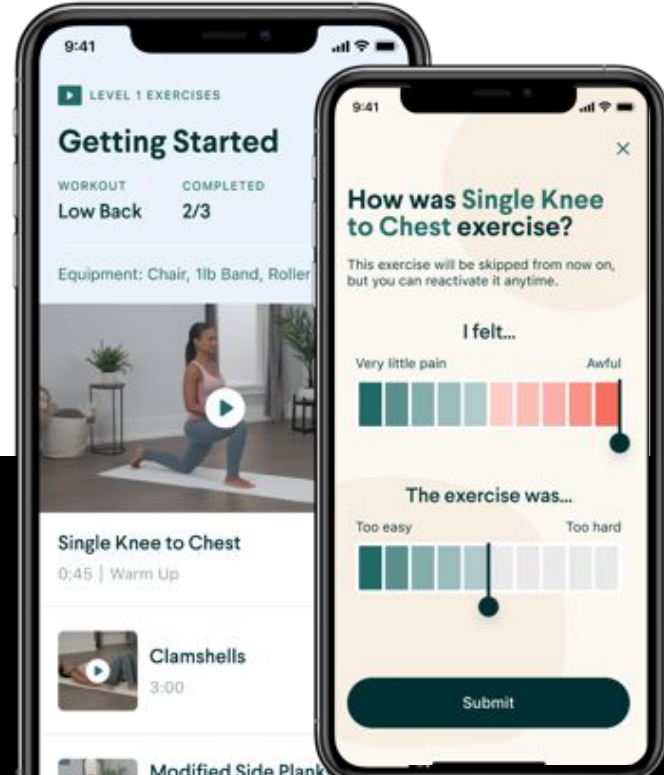
## Nutrition

Education on the connection between diet and pain that helps members identify potential triggers and make informed decisions.



## Therapeutic Exercise

Personalized weekly therapeutic exercises with options for modification and the ability for a member to give feedback in real-time.



## Our Foundation

# Real goals for real life.

## What motivates you to make a change?

*“My daughter is starting to consider colleges and I want to be able to participate in her visits and walk the campuses with her.”*

## Barriers to the Member’s Goal:

**Anxiety** about movement and pain.

**Physical function** limitations because of her anxiety and resulting sedentary lifestyle.

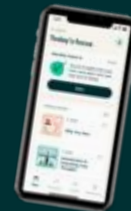
**Fatigue** and low energy from poor sleep due to her pain.



1:1 Coaching



Member



Digital Pain Program

### Empowering a personalized pain plan



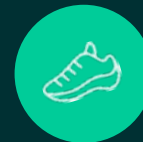
Nutrition



Sleep



Emotional Health



Movement



Therapeutic Exercise



## Our Immersive Experience

# Mind & Motion VR Program

Mind & Motion addresses the neurological underpinnings of chronic pain through cognitive, calming and movement modules.

The immersive Virtual Reality experience provides multifaceted, evidence-based interventions of graded exercise and movement, mindfulness training, and Pain Neuroscience Education (PNE), expertly combined to give patients more power over their chronic pain.



**Gamified Exercise  
& Movement**

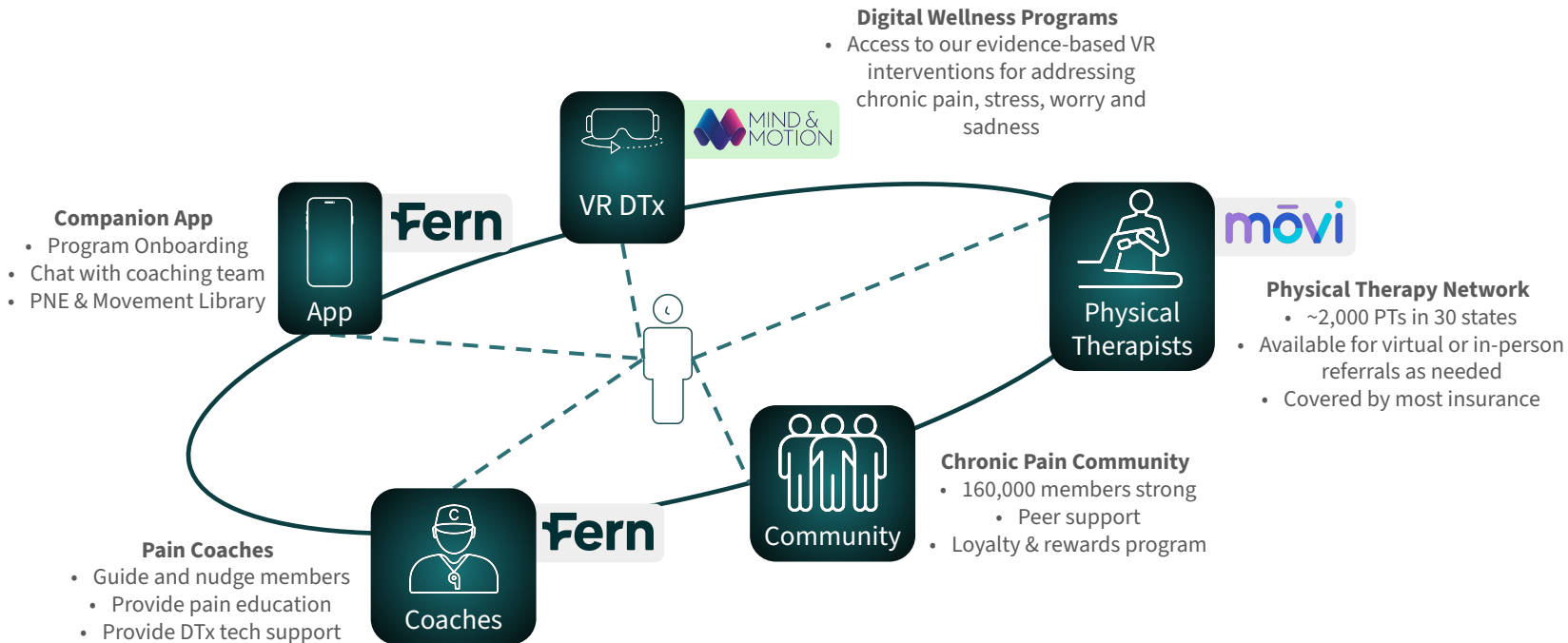


**Guided Mindfulness  
Practice**



**Pain Neuroscience  
Education**

# Delivered via a fully coordinated member experience



Results. Realized.

## Success Stories

Reactions from our members are dramatically positive. They can envision and experience real relief - on their terms.



Rebecca R.

**“Hates to Exercise”**

“Usually in Physical Therapy I’m watching the clock to see, you know, when the session is going to be over because I really hate, unfortunately, to exercise. But this moved quickly, not too quick, and it was fun. I would definitely do it at home.”



Abra S.

**“Loves the immersive settings”**

“The overall introduction, especially with the constellation and Stars – I was like, you can do therapy in outer space now. I really enjoyed the mindful meditation. “



Antonio T.

**“More open to therapy”**

“Managing pain, it put me in a place of ease. With me being in that thought process, it made me more relaxed and more open. It takes you out of the traditional thought process of physical therapy.”