



Precision alignment

for healthier,
stronger **teams**



Contents

1. Why does posture matter?
2. Why AlignSmart®?
3. How does it work?
4. What do your employees get?
5. Proven value, a return on investment
6. Why join the AlignSmart Alliance?
7. Appendix

1. Why does posture matter?

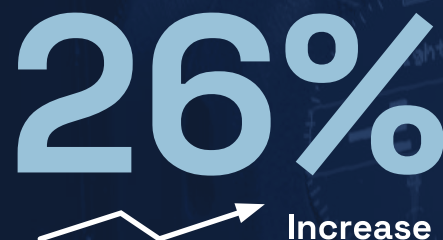
Posture affects how people move, feel, and perform.

When the body is out of alignment, muscles and joints absorb stress they weren't built for.

This leads to overuse, fatigue, and injury. In the workplace, that means more time off, slower recovery, and higher healthcare costs.



More than half of U.S. adults experience **musculoskeletal conditions** that impair function and reduce productivity at work¹.



Spinal disorders are expected to increase by 26% in the next decade².

Sources

1. United States Bone and Joint Initiative, "Fast Facts: Musculoskeletal Conditions," accessed June 10, 2024.
2. Advisory Board, "2022 Musculoskeletal health trends," April 2022.

The costs are real.

 **\$353**
BILLION
Spent by Employers

Employers spend \$353B each year on musculoskeletal conditions, making up **15% of total medical costs**³. Three out of four large employers say these are a top-two cost driver⁴.

 **149**
MILLION
Missed Work Days

In 2024, low back pain caused 149 million missed workdays. It's the **second leading cause of disability** in U.S. adults according to the NIH.

 **\$6.4**
BILLION
in Workers' Comp

In 2021, U.S. workers' comp claims totaled \$6.4B for injuries from **awkward postures and repetitive tasks**. Musculoskeletal disorders made up nearly 30% of all work injuries⁵.

3. Daniel Demyan, "How Do You Use Data to Reduce Musculoskeletal (MSK) Costs on Your Health Plan?", Roundstone Insurance, April 21, 2023; and "2022 Castlight Workforce Health Index," Castlight, April 2022.

4. Business Group on Health, "2024 Large Employer Health Care Strategy Survey: Executive Summary," August 22, 2023.

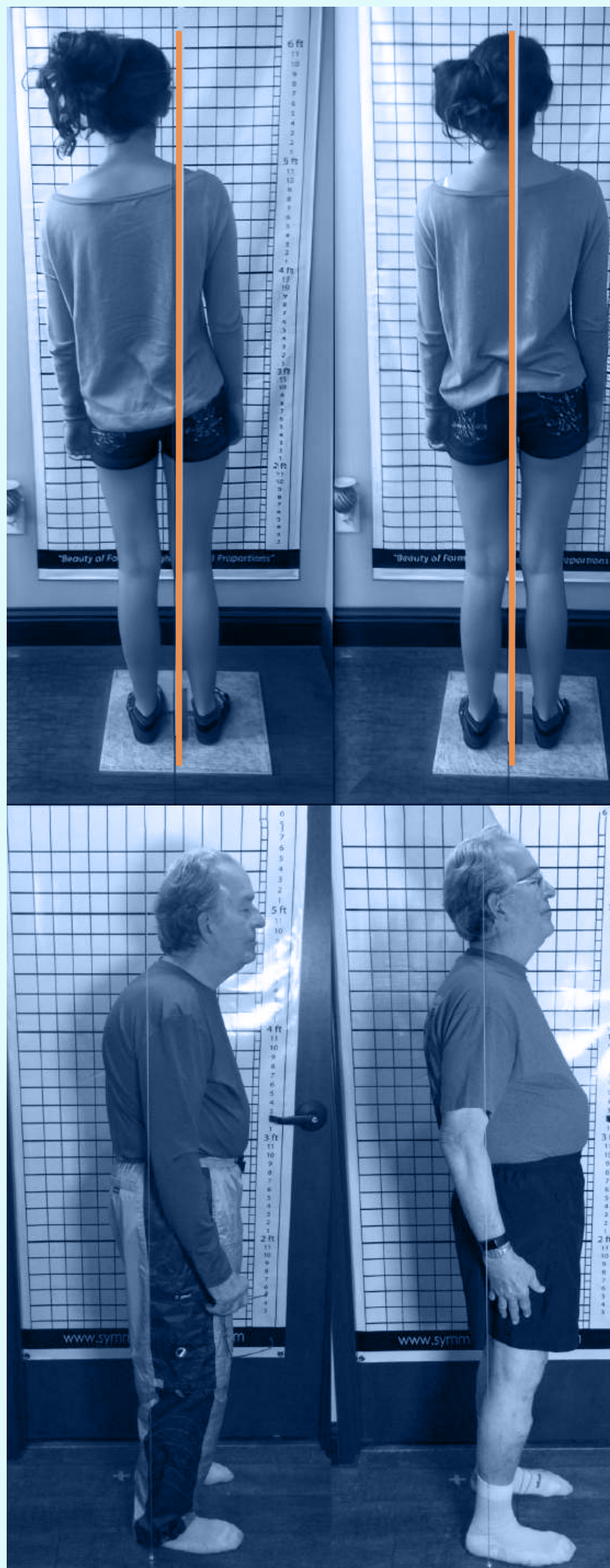
5. PTS Inc., "Prioritizing Your Health and Productivity: A Guide to Workplace Ergonomics"; and OneWorldCover, "The Hidden Cost of Neck and Back Pain," accessed June 2024.

Performance drops when posture fails.

Poor posture contributes to pain, reduced mobility, lower efficiency and decreased physical performance. Over time, this decreases output and increases claims.

Better alignment reduces strain, speeds recovery, and **helps teams stay productive and injury-free.**

AlignSmart clients Hannah (14) and Bob (88), before and after treatment.





2. Why AlignSmart®?

Most posture programs rely on observation and estimation. AlignSmart uses objective data.

The AlignScore is a measurement that numerically tracks real improvement.

AlignSmart is the only system that measures posture with precision and assigns a numeric score. This makes it easy to monitor progress over time and validate outcomes.

Improvements are measurable.

Misalignment is clearly identified, and corrections are tracked with real data. This enables early intervention to lower injury rates, and provide evidence of value.

Corrective plans are tailored to the individual.

Each employee receives a plan based on their personal assessment. As their alignment improves, the plan adapts. This ensures that the intervention stays relevant and effective throughout the program.

A black, circular device with a digital screen showing a green bar and the number 1.7. The device is attached to a black strap. The AlignSmart logo is visible on the top part of the device.

3. How does it work?

AlignSmart® combines measurement, education, and correction into a system that's scalable, repeatable, and effective.

It empowers your employees to take control of their health.

Measure

Each employee participates in a full-body posture assessment using AlignSmart's patent-pending tools. The system captures 20 precise measurements and calculates a numeric AlignScore that reflects their current alignment.

Educate

A certified practitioner will explain what the numbers mean and why they matter. Simple concepts from physics and engineering help employees understand the link between posture, pain, and performance.

Correct

Each employee receives a corrective routine tailored to their body and movement patterns. Exercises are selected and intentionally sequenced based on the measurement data to improve alignment and restore function.

Empower

The AlignSmart app supports each employee's daily routine with videos, plan updates, and progress tracking. As alignment improves, the plan adapts—helping sustain long-term results.

4. What do your employees get?

The AlignSmart® program provides all the tools and support employees need to improve posture and prevent injury.

What's included:

- **10 posture assessments** using AlignSmart's measurement system
- **10 personalized** corrective exercise plans that adapt with progress
- **6 months** of full access to the AlignSmart app for tracking and updates
- **The AlignSmart Experience** online course on alignment and movement
- **Ongoing support** from Certified AlignSmart Practitioners
- **Practical** movement skills for long-term injury prevention



AlignSmart
client before
and after.



5. Proven value, a return on investment

Normally, a six (6) month AlignSmart® assessment and corrective program is valued at approximately \$2,000, or \$200.

By joining the AlignSmart Alliance, costs drop to as little as \$20 per session, or lower, depending on the partnership structure.

Compare the Value

	Private Clients	Employees
Total Program Cost	\$1970	\$200
Additional Measurements/ Routines	\$197 each	\$20 each
AlignSmart App Access	Included	Included
Professional Support	Included	Included
Ongoing Maintenance & App Access	Monthly, quarterly, annual and lifetime plans available (upon 6 month program completion)	



6. Why join the AlignSmart Alliance?

AlignSmart® is trusted by government agencies, private companies, and educational institutions looking to reduce injuries and support long-term employee health.

Scalable by design

Programs can be delivered on-site, remotely, or through a hybrid approach. This flexibility makes it easy to implement across departments, locations, and roles.

Certified internal capability

Organizations have the option to join as a Preferred Partner, where an in-house professional will be trained as a Certified AlignSmart Professional. This adds internal capacity for posture assessment and correction, without relying on external vendors and allowing for the lowest price point available. Network Partners use AlignSmart's network of Certified Practitioners in delivering the service.

Aligned with your wellness goals

AlignSmart fits easily into current health and safety programs. It supports movement, injury prevention, and workforce longevity using a system that is measurable, repeatable, with low-friction to maintain.

Ready to get started?

**Contact us and let's
begin building a safer,
smarter workplace today.**

Mike Reiner

CFO/Co-Founder

 mike@alignsmart.com
(916) 802-6895 mobile

7. Appendix

1. Implementation Models

AlignSmart is designed to fit the unique needs of your organization. The program can be delivered on-site, remotely, or through a hybrid approach, making it easy to implement across different departments, locations, and job roles.

A typical rollout begins with planning and scheduling, followed by a workshop where employees learn about AlignSmart, and can schedule their initial assessments that will help them understand their current alignment. From there, each person receives a corrective plan tailored to their body and movement patterns. Throughout the program, progress is tracked, follow-up assessments are conducted, and ongoing support is provided.

For larger organizations, AlignSmart scales with ease. Whether you are implementing in one office or across multiple sites, the process stays consistent, repeatable, and simple to manage.

2. Training & Certification Details

Organizations can implement AlignSmart in two ways: as a Preferred Partner with on-site certified AlignSmart practitioners, or as a Network Partner leveraging AlignSmart's team of certified professionals through online measurement sessions. Both models provide the same high-quality assessments, personalized corrective plans, and measurable outcomes. The choice depends on your organization's structure, resources, and long-term goals. Preferred Partners build internal capability by certifying their own wellness staff, while Network Partners rely on AlignSmart's remote practitioners to deliver the program with minimal internal overhead.

Preferred Partners: Certifying on-site practitioners

Postural Measurement Certification

This course teaches practitioners to objectively measure posture by assessing 20 bony landmarks, producing an easy-to-understand client postural score. It emphasizes the use of AlignSmart's patent-pending system for corrective exercise routine sequencing.

Postural Corrective Exercise Certification

Building upon the measurement certification, this interactive, self-directed course introduces over 120 corrective exercise families (400+ exercises). Practitioners learn to recommend individualized corrective exercises using the AlignSmart Technology software, facilitating client engagement and compliance.

Advanced Practitioner Certification

This advanced course delves into AlignSmart's proprietary algorithm, focusing on comprehensive client care and business support strategies.

Applied Training and Support

Each certification includes applied training components, ensuring practitioners can confidently implement their skills in real-world settings. This hands-on experience is complemented by access to a suite of resources, including AlignSmart software, tools for creating reports and corrective exercise routines, client engagement materials, and ongoing education.

By investing in AlignSmart's certification programs, your organization can build a team of qualified professionals capable of delivering effective postural assessment and correction, leading to improved employee health outcomes, as well as reducing long-term costs and creating a sustainable solution for employee wellness.

Network Partners: Implementing AlignSmart without on-site certified staff

For organizations that prefer not to certify internal practitioners, AlignSmart offers a Network Partner model. In this approach, certified AlignSmart professionals conduct posture assessments remotely through online measurement sessions.

Employees are guided through the measurement process via video call, using AlignSmart's technology to capture accurate data. Corrective exercise plans are then developed by the remote practitioner and delivered through the AlignSmart app, giving employees a seamless and supported experience.

This model allows organizations to implement AlignSmart's full program without the need to train internal staff, making it an efficient solution for smaller teams, distributed workforces, or companies seeking a lower-touch option.

Both certified in-house delivery and network partner support offer the same measurable results, ensuring that every employee receives high-quality assessment, correction, and follow-up.

3. Onboarding Process

Onboarding with AlignSmart is designed to be straightforward. Our team works closely with you to set up the program, define your goals, and establish a clear timeline. Once planning is complete, we provide communication materials that help promote the program internally, making it easy to drive employee participation.


During the launch phase, employees receive their initial assessments, get introduced to the AlignSmart app, and begin their personalized corrective plans. Throughout the first month, you can expect high engagement, valuable insights from baseline measurements, and early feedback from both employees and staff. The entire process is designed to be low-friction, with no IT integrations or complex system installs required.

4. Support Materials & Resources

As part of your AlignSmart partnership, you receive a full set of resources to support both administrators and practitioners. This includes user guides, communication templates, and checklists that walk you through every step of the program.

Employees also benefit from video tutorials and access to a practitioner resource library with detailed exercise references. A dedicated support contact is available to assist with setup, troubleshooting, and strategy questions. In addition, live webinars and optional one-on-one sessions are available to ensure your team has the help they need.





**“The future of
treatment and
training is in
assessment
and prevention.”**

Patrick Mummy

AlignSmart CEO/Founder

“Alignment is the foundation of structural health.

What drew me to AlignSmart is that people were actually being monitored. From a structural stand point, every major kinetic chain link was being assessed that has an effect on all other corresponding major kinetic points. If something was not lined up, the practitioner and customer can see it and correct. What gets monitored gets managed. Most fitness practitioners don't monitor their clients which is a disservice.”



Dan Trongone MBA CSCS

Worksite Wellness Coordinator
Manatee County Government
Employee Health Benefits



(916) 467-7764 • 1845 Iron Point Road, Folsom, CA 95630
info@symmetryalignsmart.com