



Network partner program

Precision alignment

for healthier, stronger teams



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1. Why does posture matter?

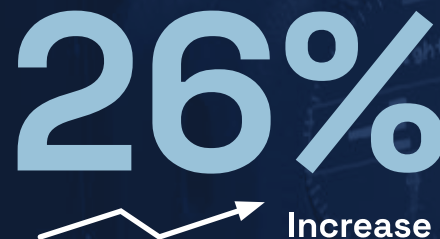
Posture affects how people move, feel, and perform.

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.

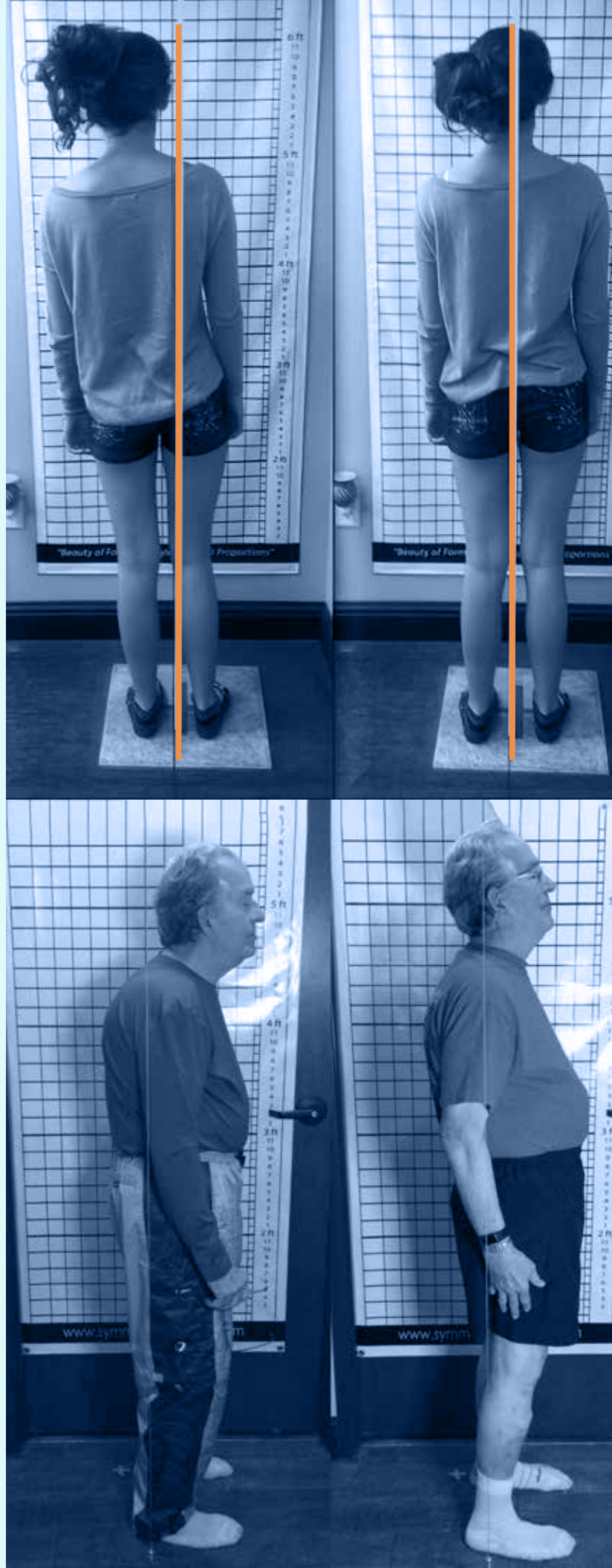
5. PTS Inc., "Prioritizing Your Health and Productivity: A Guide to Workplace Ergonomics"; and OneWorldCover, "The Hidden Cost of Neck and Back Pain," accessed June 2024.

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®?

Proper alignment relieves pain and prevents injury. Unlike posture programs based on guesswork, AlignSmart uses objective data to guide and track employee progress.

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.



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 education, tools and support employees need to improve their posture, relieve pain and prevent injury.

What's included:

- **10 posture assessments** using AlignSmart's measurement system
- **10 personalized** corrective exercise plans that adapt with progress
- **5 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 five (5) month AlignSmart® assessment and corrective program is valued at approximately \$2,000, or \$200 per session.

By joining the AlignSmart Alliance, costs drop to as little as \$60 per session, or lower, depending on the partnership structure.

| Compare the Value | Private Clients | Employees |
|--------------------------------------|---|-----------|
| Total Program Cost | \$1970 | \$600 |
| Additional Measurements/ Routines | \$197 each | \$60 each |
| AlignSmart App Access | Included | Included |
| Professional Support | Included | Included |
| Ongoing Maintenance & App Access | Monthly, quarterly, annual and lifetime plans available (upon 5 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 available

As a Network Partner, all of your employees' needs are cared for without any additional support required from your organization. Alternatively, organizations have the option to join as a Preferred Partner, where an in-house professional, employed by your organization, will be trained **at no charge to the organization** as a Certified AlignSmart Professional. This provides for internal control and capacity for posture assessment and correction, lowering the total program price per employee down to \$200, our lowest price point. Preferred Partners can also access our network of Certified AlignSmart Professionals at the \$60 per session Network Partner rate, if needed.

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.

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7. Appendix

1. Implementation Model

AlignSmart is designed to fit the needs of your organization by delivering a fully remote, personalized and secure program that your employees can access at any time. Our model can be delivered across departments, locations and job roles with ease.

We will provide you with promotional materials, such as videos, podcasts and fliers, to introduce AlignSmart to your employees and communicate the “Why?” this program is essential to their personal wellbeing at work.

2. Network Partners: Implementing AlignSmart without on-site certified staff

By choosing our Network Partner option, no on-site certification of your staff is required. Our staff of Certified AlignSmart Professionals will conduct posture assessments and measurements while delivering personalized and sequenced corrective exercise routines remotely through online sessions.

Employees are guided through the initial measurement process via video call, using AlignSmart’s technology to capture accurate data. Based on these measurements and an interview with one of our Certified AlignSmart Practitioners, an initial corrective exercise plan will be developed by the Practitioner using AlignSmart’s patent-pending system. This routine is delivered to the employee via a mobile app the employee will download to their phone. The app allows for 2-way messaging with our staff to make sure that your employee is well supported through this process.

Measurements 2 – 10 will be performed using video and photo submissions delivered by the employee to our staff, with the newly developed exercise routines delivered straight to the employee’s app.

This remote approach offers the same measurable results as in-person visits, 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 our staff. The entire process is designed to be low-friction, with no IT integrations or complex system installs required.

4. Monthly Reporting

Each month, you will receive a **Wellness Report** that gives you a detailed snapshot of how the program is working overall, and how each employee is progressing. Some companies use this data to fuel wellness reward programs.

Wellness Report

Month of July 2025

In Corrective Program

In Program - This Month: 20 / In Program Last Month: 15 / Change: +5

Completed Program - This Month: 10 / Completed Program Last Month: 0 / Change: +10

| Employee Name | AlignScore this month | AlignScore last month | Diff | Compliance this month | Compliance last month | Diff |
|-----------------|-----------------------|-----------------------|------------|-----------------------|-----------------------|-------------|
| Johnny Storm | 39 | 54 | +15 | 87% | 70% | +17% |
| Steve Rogers | 27 | 34 | +7 | 115% | 99% | +16% |
| Natasha Romo | 41 | 61 | +20 | 188% | 120% | +68% |
| Tony Stark | 39 | 54 | +15 | 87% | 70% | +17% |
| Bruce Banner | 27 | 34 | +7 | 115% | 99% | +16% |
| Nick Fury | 41 | 61 | +20 | 188% | 120% | +68% |
| Averages | 36 | 50 | +14 | 130% | 96% | +34% |

In Maintenance Program

In Program This Month: 10 / In Program Last Month: 0 / Change: +10

| Employee Name | AlignScore this month | AlignScore last month | Diff | Compliance this month | Compliance last month | Diff |
|-----------------|-----------------------|-----------------------|------------|-----------------------|-----------------------|-------------|
| Bucky Barnes | 39 | 54 | +15 | 87% | 70% | +17% |
| Carol Danvers | 27 | 34 | +7 | 115% | 99% | +16% |
| Clint Barton | 41 | 61 | +20 | 188% | 120% | +68% |
| Peter Parker | 39 | 54 | +15 | 87% | 70% | +17% |
| Scott Lang | 27 | 34 | +7 | 115% | 99% | +16% |
| James Rhodes | 41 | 61 | +20 | 188% | 120% | +68% |
| Averages | 36 | 50 | +14 | 130% | 96% | +34% |

Measurements/Routines

This Month: 24 Last Month: 15 Incr/(Decr): +9



**“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.”



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Worksite Wellness Coordinator
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