



# Wellness Partner Program

Precision  
alignment  
for healthier,  
stronger teams



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# 1. Why does posture matter?

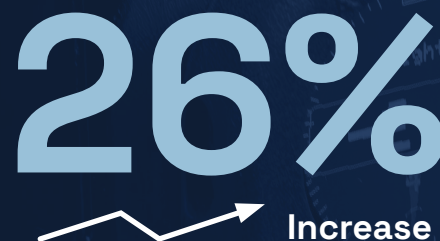
Posture affects how people move, feel, and perform.

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 work<sup>1</sup>.



**Spinal disorders** are expected to increase by 26% in the next decade<sup>2</sup>.

## 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**<sup>3</sup>. Three out of four large employers say these are a top-two cost driver<sup>4</sup>.

 **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 injuries<sup>5</sup>.

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.

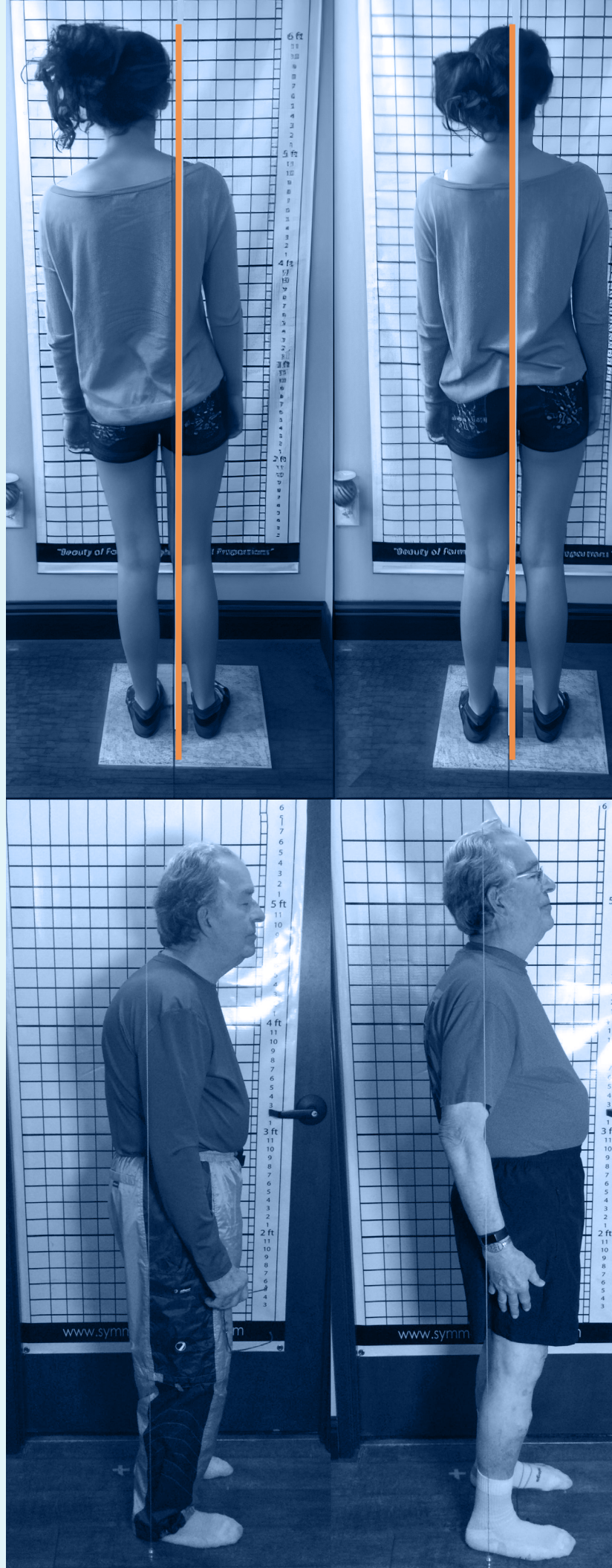
5. PTS Inc., "Prioritizing Your Health and Productivity: A Guide to Workplace Ergonomics"; and OneWorldCover, "The Hidden Cost of Neck and Back Pain," accessed June 2024.

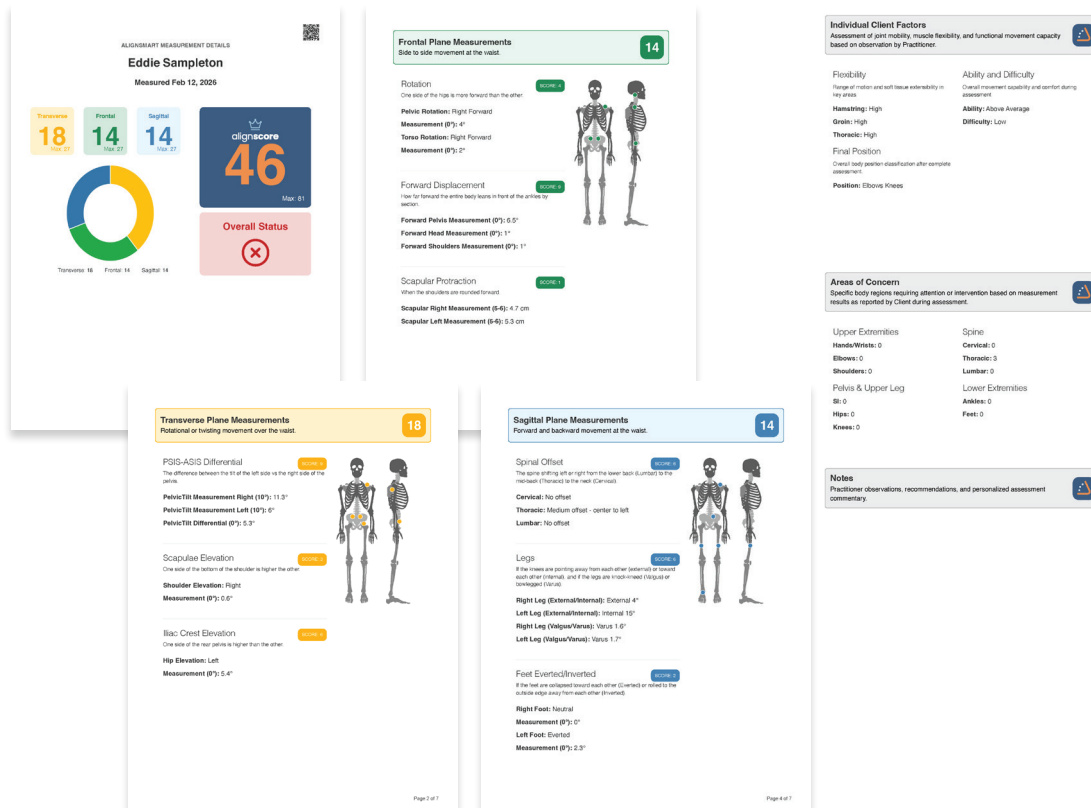
## Performance drops when posture fails.

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

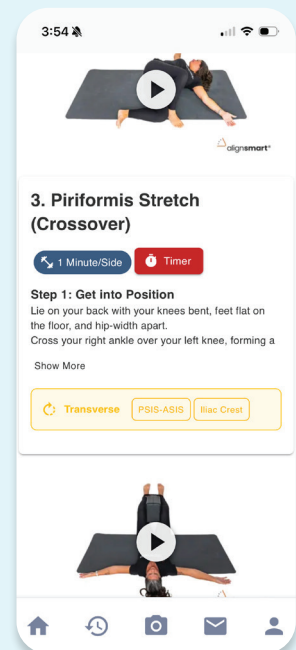
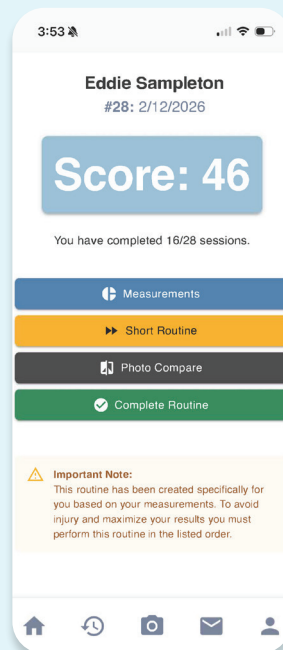
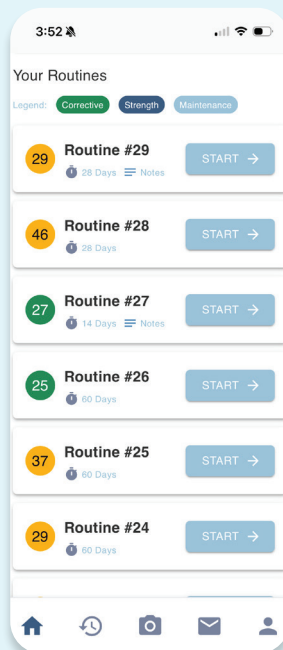
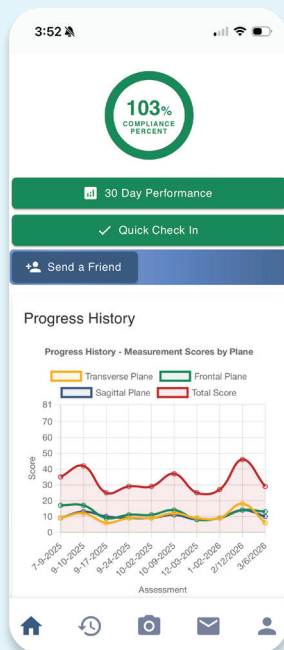
The AlignSmart app supports each employee's daily routine with videos, plan updates, and progress tracking. As alignment improves, the plan adapts—helping sustain long-term results.

## 4. What do your employees get?

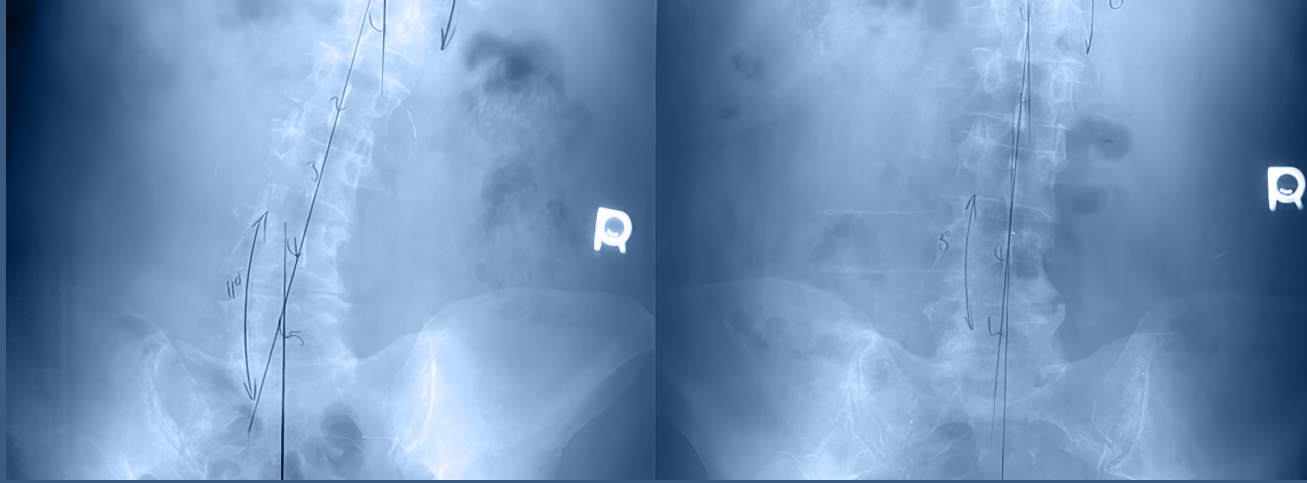
The AlignSmart program provides all the education, tools and support employees need to improve their posture, relieve pain and prevent injury.

### What's included:

- **10 posture assessments** using AlignSmart's measurement system
- **10 personalized** corrective exercise plans that adapt with progress
- **Continuous access** to the AlignSmart App for Routine Engagement
- **The AlignSmart Experience** online course on alignment and movement
- **Ongoing In-App Support** from Certified AlignSmart Practitioners
- **Ongoing Monthly Maintenance** after the corrective program
- **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, with maintenance costing as much as \$95 per month.

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

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 are delivered remotely. This flexibility makes it easy to implement across departments, locations, and roles. All your employees' needs are cared for without any additional support required from your organization.

### Aligned with your employee wellness goals

In Preventative Care, Injury Prevention and Loss Control, AlignSmart stands alone as the only outcome-driven, evidenced-based program for wellness success. Most successful companies use this data to fuel wellness reward programs.

### Undeniable cost savings + productivity gains

Properly implemented, the AlignSmart Wellness Partner Program will provide 3x to 6x ROI in the first year, while saving an average of \$900 to \$2,800 per employee annually in workers comp claims, health care costs, absenteeism and lost productivity.



## Ready to get started?

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

Name of Sales Representative

Title of Sales Representative

email

(555) 555-5555 mobile

# 6. Appendix

## 1. Implementation model

### Step 1: Educate

We will provide your employees with information regarding this forward thinking, wellness program 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.

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.

We do all of that outreach communication for you! Just supply us with each employee’s name and work email and we’ll do the rest!

### Step 2: Measure

All employees will first receive a predictive AlignScore derived from two measurements that will be assessed via our patented AI software from a single photo of their back. Employees will also be asked to describe areas of concern on their body and communicate how they currently feel. From this information, a detailed report explaining their score and letting them know the next steps will be sent to them via email. They will also receive instructions on downloading the AlignSmart App and trying out a sample routine.

Employee predictive scores will fall into four buckets, which will guide the implementation team to treat those employees that need the therapy the most first. Those who who have identified significant pain, regardless of AlignScore, will be treated first. Then, employees in the AlignScore 55 group, followed by the AlignScore 45 group, and, lastly, the AlignScore 35 group.

### Step 3: Correct

The next step will be for employees to get their first full measurement and consultation. Each employee will upload 4 photos (back, front, left side and right side) that will be analyzed by our patented AI software. Once analyzed, our team will reach out for a short consultation with each employee and present them with their first corrective routine.

Every two weeks, this process will repeat for a total of 10 measurements and corrective exercise routines, the last 4 of which will also be strength

building to lock in the correction. All exercises are supported by instructional videos and step-by-step instructional scripts.

## Step 4: Engage

Throughout the corrective routine process and continuing through maintenance, our AlignSmart App will keep your employees on track, notifying them each day of which routine to perform and providing access to Certified AlignSmart Practitioners should there be any questions or concerns along the way. As an employer, you will have real-time access to the data using your **Routine Engagement Dashboard**, giving you opportunities to support your employees on their journey to better health.

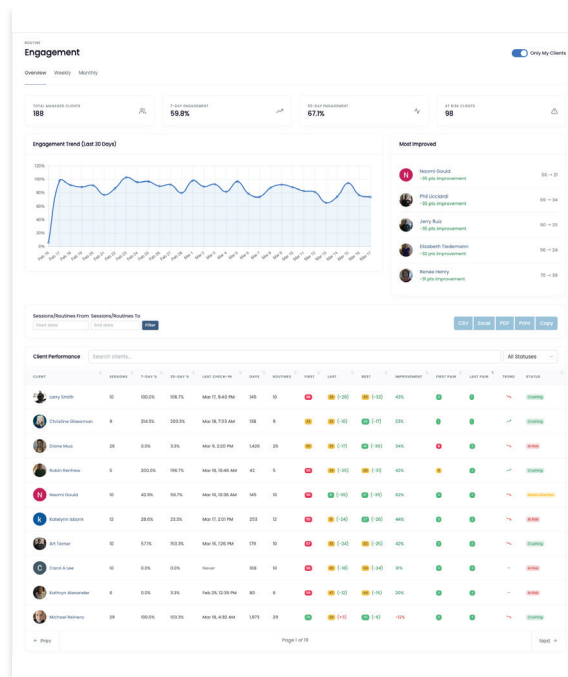
## 2. Real-time Insights

As a responsible employer, you will receive authenticated access to our Routine Compliance Dashboard (see example following this Appendix) which gives you a detailed snapshot of how the program is working overall, and how each employee is progressing individually, featuring

- First, Latest and Best AlignScore
- First and Latest Reported Pain Level
- Routine Compliance over the last 7 and 30 days
- Corrective Program Progress
- Program Days and Routines Performed
- Complete Data Exporting Capabilities

## 3. Professional Support

Our Team of AlignSmart Professionals will be there to support you and your employees with questions seven days a week. Employees can conveniently reach out through their AlignSmart App, while employers can message us through the Routine Engagement Dashboard.





Patrick Mummy  
PRESENTER

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**“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**

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