



AKLOS Health

Sensor-guided exercise therapy from the comfort of your home

Reducing Musculoskeletal (“MSK”) Spend for Employers

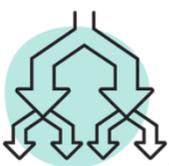


AKLOS Health (from Greek goddess Acheloiis, meaning “she who drives away pain”) was formed with the goal of providing employers and their members the **best** digital musculoskeletal platform on the market. We’re the first solution to offer truly personalized programs based in science that continually adapt based on each member’s unique levels of pain, difficulty, function, and performance, all while saving employers money.

AKLOS Health Differentiation

AKLOS Health is the first digital exercise therapy platform to offer truly **personalized programs that continually adapt** based on each member's unique levels of pain, difficulty, function, and performance. We combine our proprietary algorithms with wearable sensor technology to offer employers a **value-based MSK solution through engagement-based pricing**. The result? A faster recovery with greater pain reduction and functional improvement than existing platforms, plus a quick ROI for employers.

	AKLOS Health	Alternative 1	Alternative 2	Alternative 3
Motion Tracking Technology	✓	✓	✓	✗
Unlimited Behavioral Health Coaching	✓	✓	✓	✓
Personalized Educational Content	✓	✓	✓	✓
Screen Size for Exercise Viewing	10"	7"	5" - 7"	5" - 7"
Pain Categorization	✓	✗	✗	✗
Evidence-Based Program Adaptations	✓	✗	✗	✗
Soft Tissue Mobilization	✓	✗	✗	✗
Pre & Postpartum Programs	✓	✗	✗	✗



PAIN CATEGORIZATION

Not all pain conditions are the same. AKLOS Health uses clinically validated screenings to place members into a program that best fits their needs, right from Day 1.



EVIDENCE-BASED PROGRAM ADAPTATIONS

Proprietary algorithms evaluate pain, function, difficulty, and performance at designed intervals to progress members at their own pace. There should be no one-size-fits-all approach to exercise therapy.



SOFT TISSUE MOBILIZATION

Members with pain will often have concurrent overactivity of the involved muscle tissue. AKLOS Health provides members a compact soft tissue therapy gun that will immediately decode pain messaging sent to the brain, allowing the affected muscle to relax and perform at an optimal level.



PRE & POSTPARTUM PROGRAMS

Pelvic floor therapy is uncomfortable in a clinical setting. With our solution, members can perform their exercises in the home setting while we provide the coaching and education necessary to help avoid painful & costly postpartum issues.

77%
Pain
Reduction

76%
Reduction In
Surgery

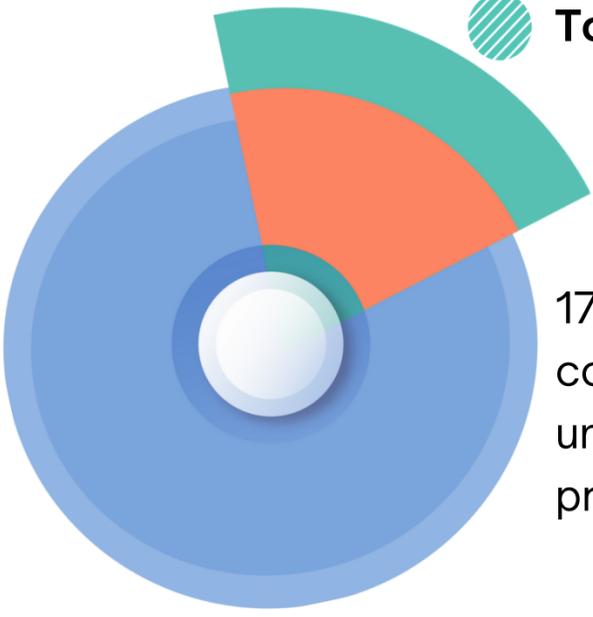
44%
Functional
Improvement

AKLOS Health is the first solution to publish objective, movement-based outcome measures to gain insight into members' levels of functional improvement. Existing solutions only report on subjective, member-reported outcome measures which don't tell the whole story.

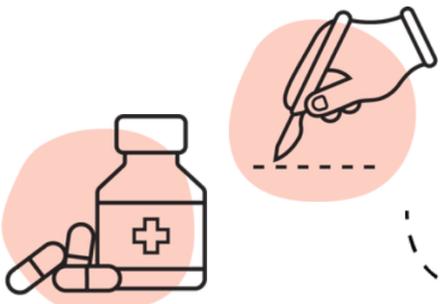
 Total Healthcare Costs

 Total MSK Costs

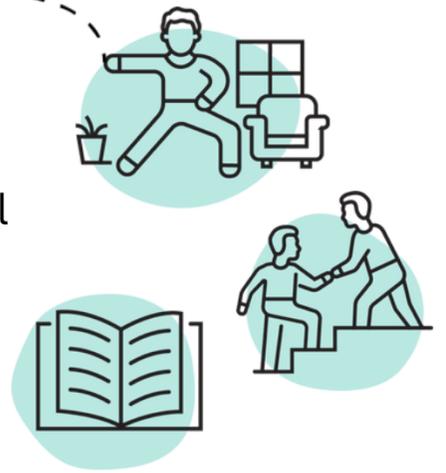
 Surgeries



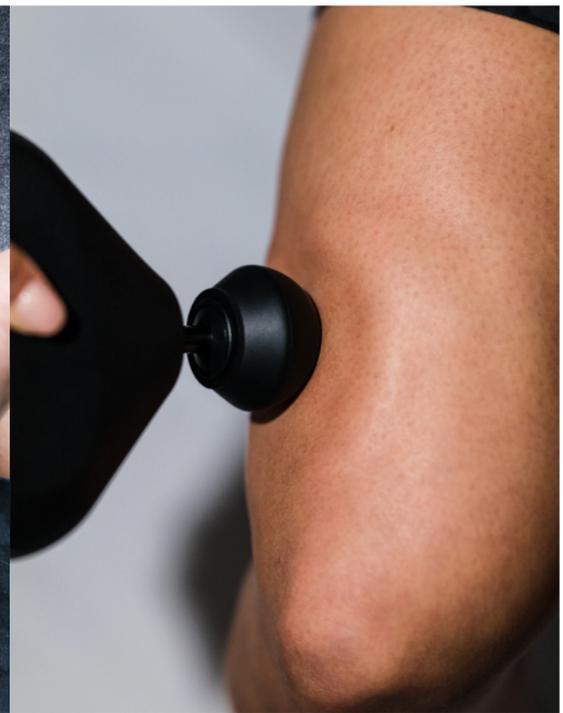
17% of employers' healthcare costs go toward musculoskeletal conditions, with 2/3rds of those MSK dollars spent on unnecessary surgeries. Indirect costs related to absenteeism, productivity, anxiety, and depression are even greater.



Surgery is costly, inconvenient, and very often ineffective. Reduce pain and increase function without surgery or opioids.



Many experts, including the CDC, recommended a multi-modal approach for treating MSK conditions, including exercise therapy, educational content, and behavioral health coaching.

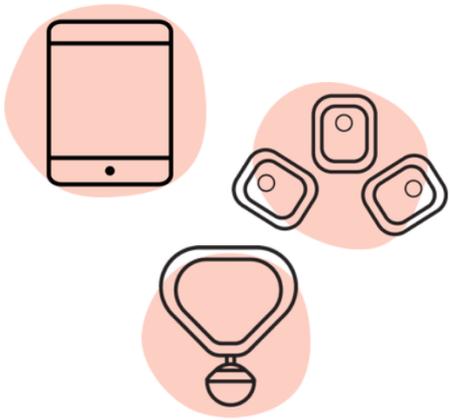


Maternal Health



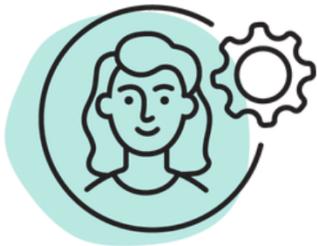
- High-risk maternity is now a top 5 cost driver for employers.
- Education and exercises learned during pregnancy can be applied to avoid many postpartum issues, such as diastasis recti, incontinence, prolapse, and pelvic pain.
- For every dollar spent on prenatal care, employers can expect a 3x ROI for postnatal care and a 4x ROI for long-term morbidity costs.

How It Works



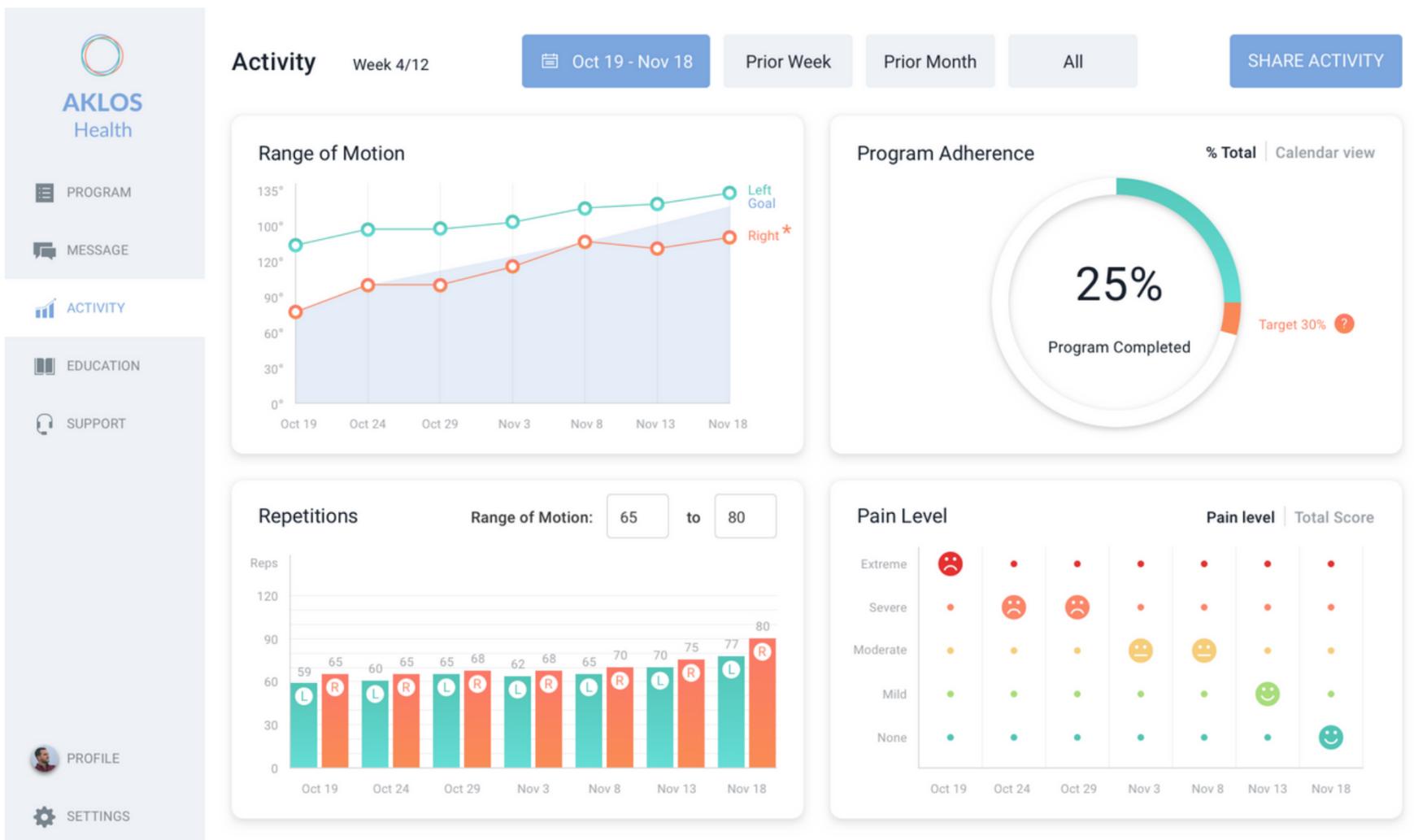
Members apply online using one of our evidence-based screening questionnaires, then receive a kit in the mail containing a tablet, wearable sensors, and soft tissue massage gun.

We assign a health coach and personalize an 8-week treatment plan that is continually modified based on each member's unique levels of pain, difficulty, function, and performance.



AKLOS Health is currently offering low back, knee, hip, and pre & postpartum programs, with more on the way.

We offer an engagement-based pricing model, with our costs strictly tied to how often members engage with their programs, and 100% of our fees are at risk with our 1:1 ROI guaranty.



Join Our Pilot Program

The first five (5) employers to sign up for a pilot program each receive a free massage gun (\$200 value each) plus a 50% pricing discount for each employer's first five (5) members to use one of our treatment programs.

Email the founder with any questions: patrick.pakan@akloshealth.com

Leadership



Patrick Pakan

Founder, CEO

- 20+ physical therapy programs over the last two decades along with 6 orthopedic surgeries
- Brown University; Bachelor of Arts in Economics; Varsity Football
- Goldman Sachs; Leveraged Finance; Commercial Real Estate Investing

PATRICK.PAKAN@AKLOSHEALTH.COM



David Lipetz

MSPT, OCS, Cert.MDT

Director of Physical Therapy

- Dual Board Certified (OCS by APTA + McKenzie)
- Consultant to sports medicine division of US Olympic Team
- Taught in orthopedic department at the University of Southern California
- Holds US patent for orthopedic training device
- Director Of Rehabilitation at Life Clinic Lifetime Athletic
- Rutgers University & NY Medical College

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Founder, Patrick Pakan

"I've had 6 orthopedic surgeries since playing college football and tried every major digital exercise therapy platform on the market. None of them offer the comprehensive and personalized care they claim. There should be no one-size-fits-all approach when recovering from musculoskeletal conditions. AKLOS Health is the first of its kind to offer each member a truly bespoke experience that's based in science."



"With COVID-19 forcing me to work from home, my lower back began to ache because of my poorly designed home office setup. The AKLOS Health lumbar spine program had me feeling much better in no time, and they coached me along the way so that I could take my health into my own hands. Highly recommended."

JULIETT R.