

Help your workforce live unlimited by pain

Enhance quality of life, improve productivity, and lower medical costs.

Kaia Health is a digital-first, PT-grade therapy program designed to address chronic back, knee, hip, neck, or shoulder pain. It's convenient and fits any schedule—it can be done anywhere, at any time, right from a smartphone or tablet.



Personalized therapy

- Customized programs to improve strength and mobility
- Real-time exercise feedback and safety guidance with clinically validated motion analysis

1:1 care team support

- Unlimited, on-demand health coaching and support
- Expert medical oversight and digital case review, ensuring high-risk members receive safe, evidence-based care from our team of physical therapists

Ongoing engagement

- Meditations, breathing exercises, and relaxation techniques to help alleviate anxiety and depression
- Personalized, bite-sized readings to empower and educate
- Proactive outreach from Kaia health coaches

MSK issues are hurting your workforce

1 in 2

people suffer from pain associated with a musculoskeletal condition

1 in 3

people with chronic MSK conditions also experience anxiety or depression

11.4

work days per year are missed on average due to MSK pain

For employers

Deliver comprehensive, end-to-end MSK care 24/7, whether your employees are located on-site or around the world.

MSK-related medical spend is a top cost driver for many employers, fueled by elective surgeries and opioid medication.

Kaia Health dramatically reduces costs by improving access to care, delivering high-quality clinical outcomes through appropriate, nonsurgical preventative care.

The world's largest, most clinically validated digital MSK solution

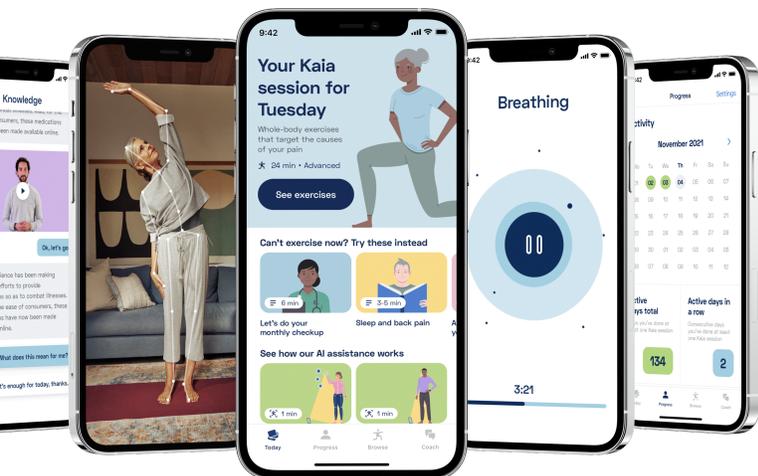
- Only solution with 11+ peer-reviewed clinical studies
- Largest randomized digital MSK clinical trial ever conducted
- Scientifically validated motion analysis technology
- 60M lives covered globally—the top digital MSK provider

57% average reduction in pain

51% reduction in surgical intent

3x adherence vs industry average

80% cost savings compared vs. traditional PT



Wearable-free for equal access

Kaia supports equity and inclusivity with programs that work right from a smartphone or tablet—no sensors or wearables needed. Wearable devices can be obstacles for employees across the spectrum of age, gender, BMI, or pain location. Give your team true equal access to care with the most approachable digital MSK solution—no “tech-savvy” required.