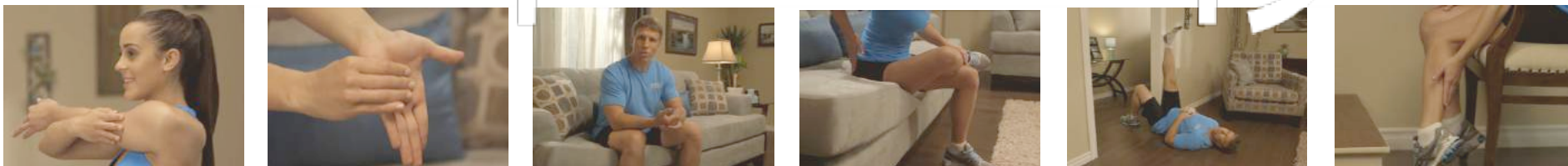


SimpleTherapy



Personalized Pain Recovery®
City & County of San Francisco
Employees & Retirees

Pilot Program Overview | June 8, 2017

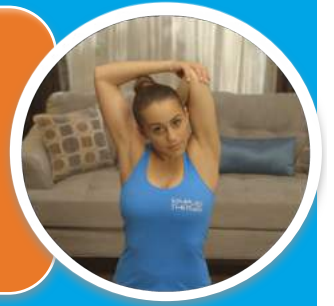
HQ: Farwell Medical Center | 39180 Farwell Drive | Fremont, CA 94538

1

Pilot Program Approach



Musculoskeletal Pain
Recovery and/or Prevention
via online, video-guided therapy



1. Analyze 2016 APCD claims to identify needs of HSS employees by department and retirees
2. Align department needs with appropriate SimpleTherapy program
3. Identify outcomes for measurement
4. Engage identified stakeholders for participation

Step 1: APCD Analysis

Claims Analysis for:

- Determination of who has the highest number of MSK pain-related claims
- Determination of who has the highest physical therapy utilization
- Determination of who has the highest pain-related opioid utilization

Step 2: Program Alignment

Matching program to department need:

Program:	Appropriate for:
1. Online Exercise Therapy: physical therapy alternative for 18 head-to-toe body areas	Anyone with MSK pain
2. Ergonomics injury prevention	Desk-bound employees
3. "Move Every Morning" five minute stretch for injury prevention	Everyone
4. Fall and Fracture Prevention	Age 60+

4

Step 3: Identify Measurements

Possible approaches to gauging program “success”:

Program:	Measurement:
1. Online Exercise Therapy: physical therapy alternative for 18 head-to-toe body areas	Cost reduction to APCD
2. Ergonomics injury prevention	% Employees participating; Survey on satisfaction & well-being
3. “Move Every Morning” five minute stretch for injury prevention	% Employees participating; Survey on satisfaction & well-being
4. Fall and Fracture Prevention	% Employees participating; Survey on satisfaction & well-being

5

Step 4: Stakeholder Engagement



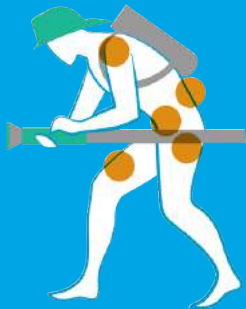
Retirees



Teachers



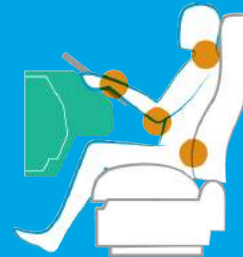
DPW



Fire
Fighters



PUC



MTA



HSS, Superior
Court, City
College