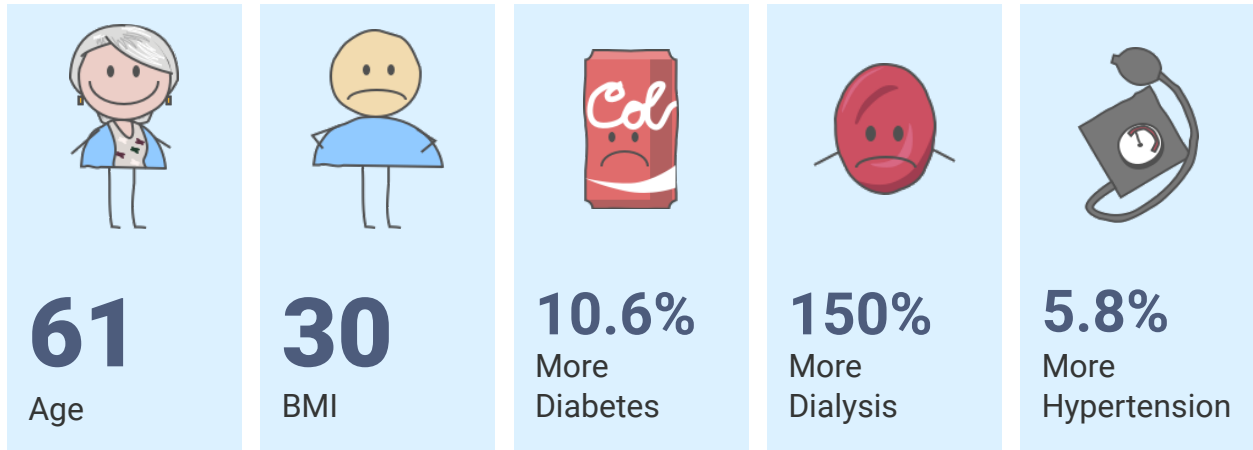


PeerWell Patient Success and Testimonials

Patients preparing for musculoskeletal surgery (especially a hip or knee replacement) tend to be in pain, have limited mobility, are overweight, and often have other pre-existing conditions to contend with. However, within these patient groups lies a massive, underutilized opportunity for improvement and risk reduction. By empowering patients to actively participate in their own surgery preparation, patient outcomes become better, costs are reduced, and satisfaction with the care received skyrockets.

A Snapshot of the Average PeerWell PreHab Patient



The Challenge

We know that when patients are put in the driver's seat of their own surgery preparation, pain management plan, or recovery and rehabilitation, great things happen. Historically, the major roadblock is empowering patients to participate in lowering their pre-op and post-op risk. Patients simply are not given the proper tools and information, in a digestible manner, to advocate for their own success outside of their physician or physical therapist's clinic.

So, how can patients become motivated to shape their surgery outcome and recovery?

Enter: PeerWell's daily PreHab and ReHab programs.

How PeerWell Helps

Patients that use PeerWell PreHab report reduced anxiety, feel more confident on surgery day, widen their support network, and have better surgery outcomes. In turn, this cuts episode of care costs by reducing

length of hospital stay, improving discharge dispositions, and bettering patient outcomes.

How PeerWell Works for Patients:

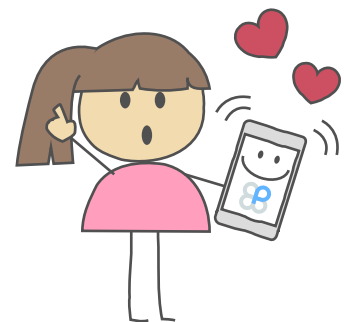
PeerWell breaks down all of the proven, most-impactful factors that go into physically, mentally, and environmentally preparing a patient for surgery and recovery. Each day, PeerWell's mobile program customizes 10-15 minutes of interactive lessons and exercises for the patient.

Don't Believe Us? Here's What Our Patients Are Saying...

Why PeerWell (over the late, great hospital pamphlet)?

"Nobody reads those half-inch thick packets from the doctor—it's daunting. But this app is fun! By providing the information in digestible amounts with subheads, you know exactly what to do each day."- **Michele B.**

"With prehab, every day you get a series of tasks, like a countdown, and it gets you ready in terms of mindfulness, nutrition, participatory aftercare and exercises. It gets you to think about a lot of things, like a legal will...things come up that may be significant. By taking all of these things together, I was prepared for surgery. Another great thing: it doesn't take much time out of your day. You can do it in line at the supermarket while waiting for someone or in between meetings, but on the backend, it really helps."- **Dr. Elizabeth C.**





“I loved the countdown PeerWell gave me. I had a booklet from my doctor with exercises but it was on a page and it wasn’t immediate. It had no time structure. For me, I was excited every day to see on PeerWell. The PeerWell program made it really easy to do something each day and feel emotionally prepared. It gave me confidence. I felt empowered. It played a wonderful role in my psychological preparation. I thought, ‘You know I am going to be anxious...’ and I wasn’t! Yes I had confidence in my choice of doctor, but something about the PeerWell program played a role in my confidence on a deep level.”- **Mani F.**

“My surgeon, Dr. John Tiberi, recommended PeerWell. He said that is part of his recommended therapy. Sure glad he did. PeerWell has been a Godsend! It helped me in many ways. I did every exercise and I actually look forward to each day’s plan. I highly recommend Peer Well to everyone who will have surgery.”- **James C.**

“It was the accountability of the program—knowing that I had to do exercises by the end of the day—that I always made sure I fit them in. I was diligent in PreHab and this has helped with my recovery.”- **Beth R.**

How it Works

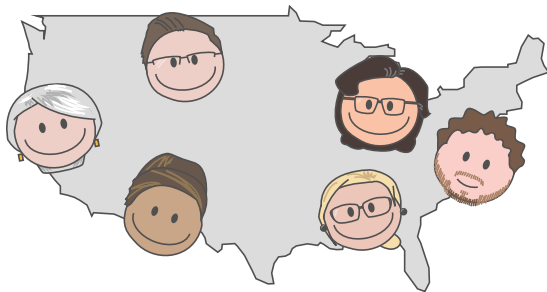
“What I want you to know is how helpful the exercises in the PreHab program are. A month ago, I could barely get up out of a chair and I was using a cane to get around. Today, I don’t need the cane and getting in and out of chairs is easier. I truly believe that the exercises provide relief and my diligence in doing them EVERY day, as instructed, have been a major factor in relieving a lot of my joint pain. Bottom line: Do the PeerWell PreHab exercises. They will certainly help you before and after your surgery.”- **Susie H.**

“Delivering care to patients who are invested in their health is so refreshing. I truly believe that patients who invest their time into prehab are better prepared in pre-op meetings, on the day of surgery and an easier recovery.”- **Dr. Nima Mehran, orthopedic surgeon, Kaiser Permanente**

"I just want to be in the absolute best shape I can be before the surgery. I'm in a lot of pain and physically, I can't do very much at all. I can do the exercises in the PeerWell app and it makes me feel like I'm keeping myself as strong as possible."- **Mary W.**

"Trying to improve knee range of motion after surgery without PeerWell's ROM assessment tool is like trying to lose weight but not having a scale at home."- **Jim C.**

"I love this PeerWell app so far. I am practicing the exercises and I really think this is helping to ease some of my anxiety....I am overwhelmed but I think I will be fine"- **Travis S.**



"The guided meditation changed my outlook and reduced my anxiety. Love it. I told all staff I met at hospital they should get involved and tell all joint replacement patients about this well before surgery"- **Teri H.**

"I haven't been a normal TKA with all of my complications but the Mindfulness Exercises have been a tremendous help. In Pre-Op yesterday I automatically started to relax and de-stress myself. I have practiced your program for three different surgeries and have been very happy with the results,"- **Peg G.**

"This is a great program. I did a lot of guided meditation prior to this and really appreciate Oli Doyle's 10-minute sessions. I will actually order two of his books. The isometric stretches are also very helpful. Thank you!!" - **Christine H.**

The Benefits

"Thanks to the PeerWell program I was prepared to get out of bed (no help) and walk. I had surgery at 8am and I was home by 6pm!! Having PeerWell was like having Physical Therapy, Nutritionist, Occupational Therapist, and Support group visit you everyday before surgery and continue after surgery"- **Arnette T.**

“Tuesday morning I went in and by Thursday afternoon, I was out. I was surprised by the speed. I put that down largely to the daily PeerWell exercises.”- **Allan M.**

“Without a doubt, I absolutely attribute my success to prehab. It strengthened my legs and it strengthened my quads (which support my knee). I had much better balance and muscle tone going into surgery in addition to paying attention to my nutrition.”- **Karen F.**

“I found the PeerWell app 7 days after my knee replacement surgery. I’m from Vancouver, Canada, and there is no organized follow-up (except for my twice weekly physio sessions).

I signed up for the app because I was feeling absolutely overwhelmed post surgery. I’m 76 years old and wondered why I chosen to have this dreadful surgery. I was pretty depressed and in a fair amount of pain. Anyway, the app has helped. I’ve finally measured my range of motion, the meditation exercises help, and just being in touch with the app has helped. The pain isn’t as severe now. Again, my thanks to all of you - the PeerWell App got me through some tough days and helped me immensely!!!!”- **Sydney P.**



Conclusion

Patients who prepare for their elective musculoskeletal surgery with PeerWell’s PreHab program (and follow-up ReHab program) report: feeling more prepared, having less anxiety, feeling physically stronger, enjoying a fuller support system, and more. When surgery prep is broken down into high-impact, bite-sized pieces of information and action, patients, payers, and providers succeed.

PeerWell currently helps patients with the following medical conditions and scheduled procedures:

Arm	Back	Leg	Body
Biceps repair	Chronic pain	ACL reconstruction	General surgery
Biceps tenodesis	Discectomy (cervical/lumbar)	Meniscectomy	
Rotator cuff repair	Laminectomy (cervical/lumbar)	Total hip replacement	
SLAP	Spinal fusion (cervical/lumbar)	total knee replacement	

Are you a clinician, health system, payer, or executive interested in learning more about PeerWell? [Connect with us.](#)