

# Navigating Driver Injury Prevention

Helping Drivers to Implement Best Practices

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**MARKETPLACE**

**BUS** industry  
**SAFETY** council

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# Utilizing Technology To Support Compliancy For A Mobile Population

In This Session We will Show You Examples How Technology  
Can Save You Costs and Drivers



To be Safe, you must to be Well

Being Well & Safe,  
Starts With Prevention

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# Challenges In Transportation

- Keeping Skilled Drivers In The Seat
- Recruiting New Skilled Drivers
- Prevention For Mobile Population
- Maintaining Compliancy

Pressure to reduce costs



Rising healthcare costs



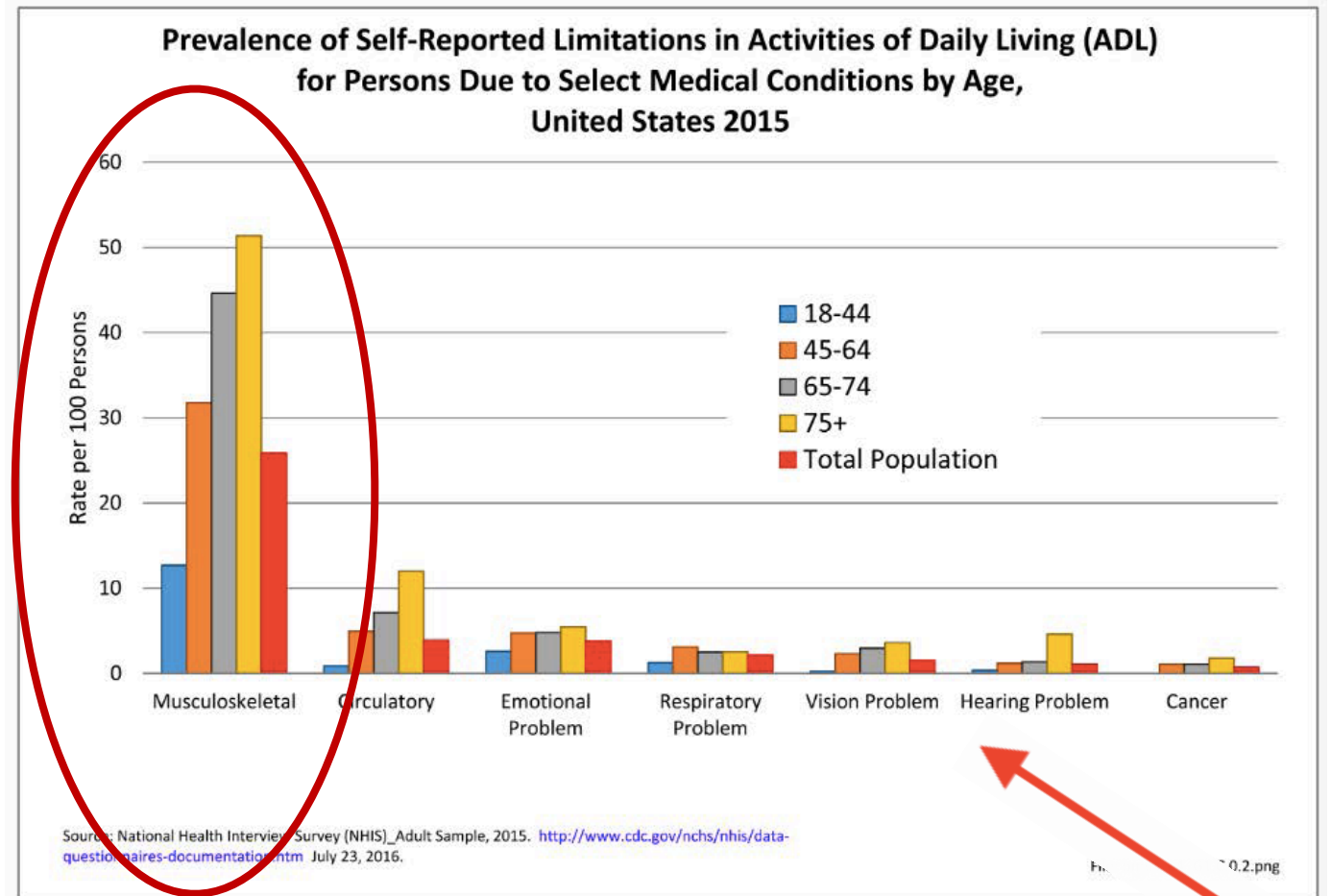
Aging population





Across all industries, MSDs are the #1 healthcare challenge we face

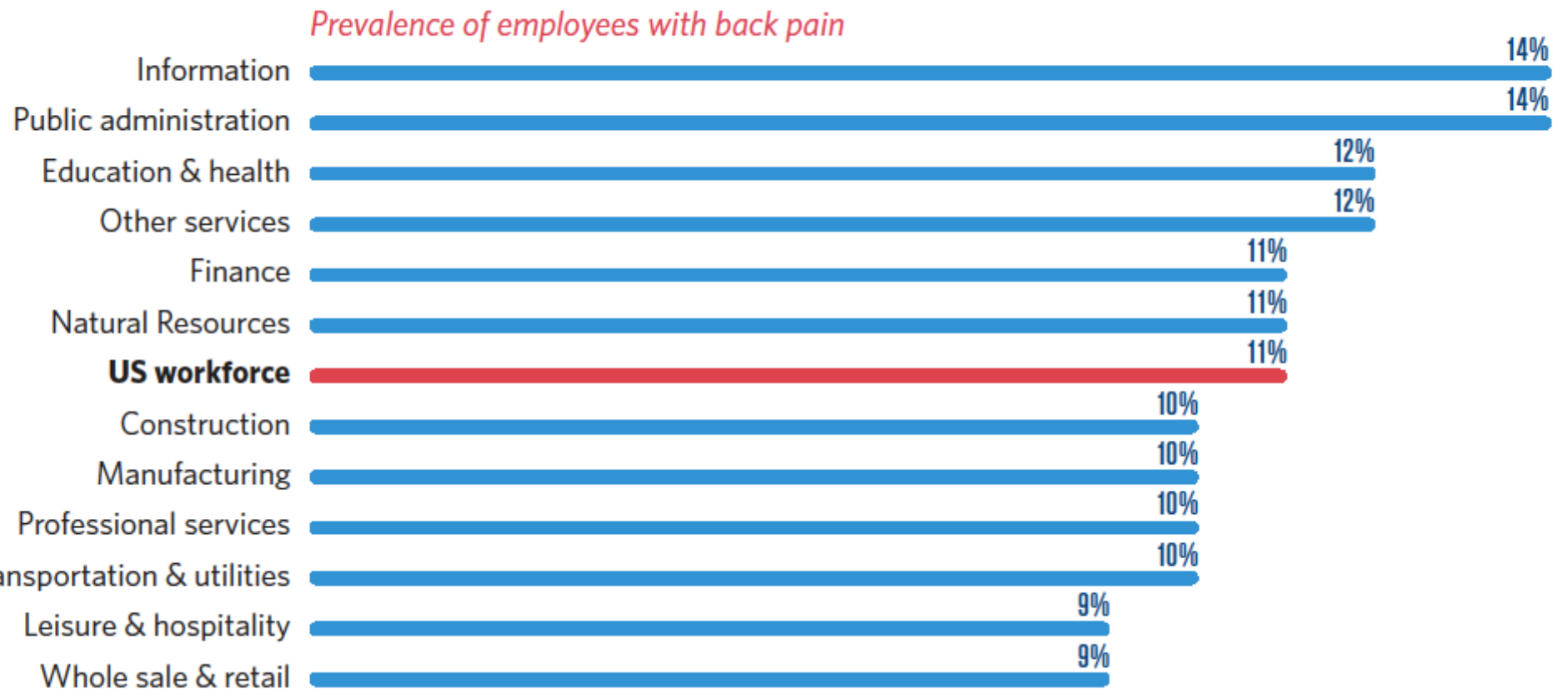
- 16-22% of medical claims costs
- 31.7% of all workers' compensation claims
- 29% of all lost work days





# Lower Back Pain

Here is how it breaks down by industry:

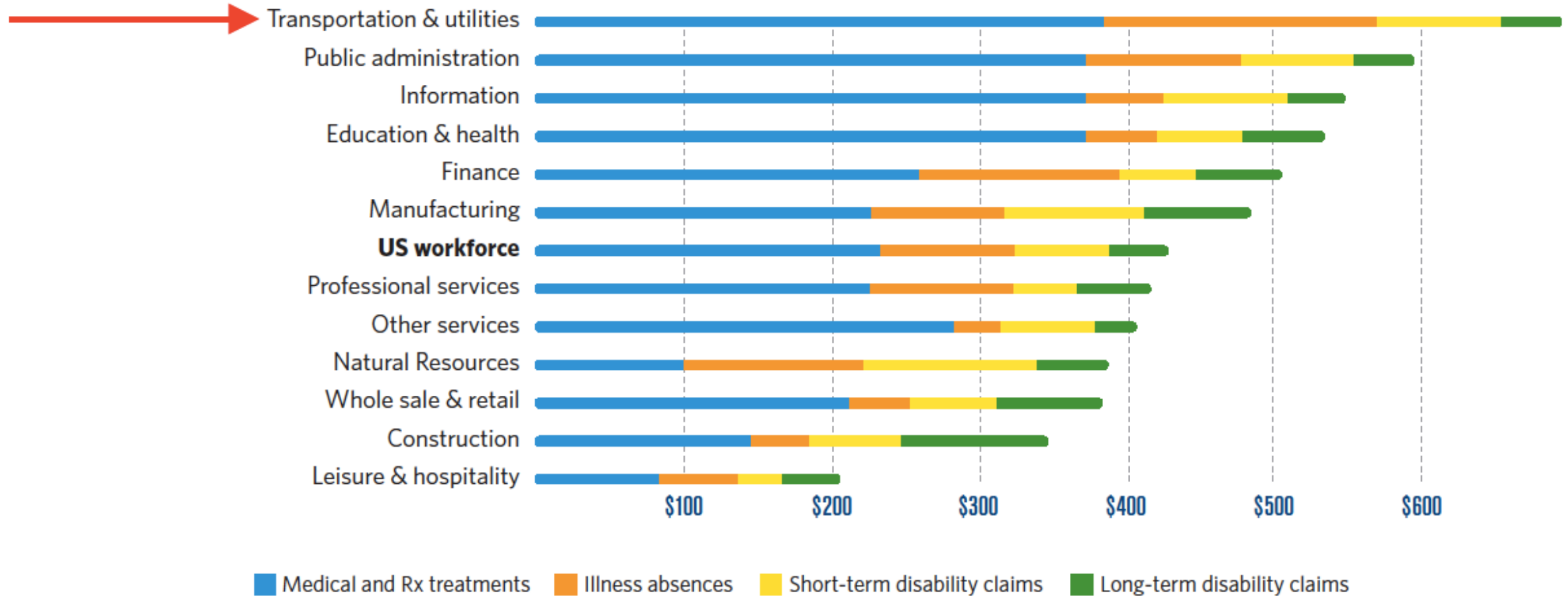




# Lower Back Pain

2x the US workforce avg.

Annual costs of back pain in a 1,000-person workforce







Non-occupational Injuries



Occupational Injuries

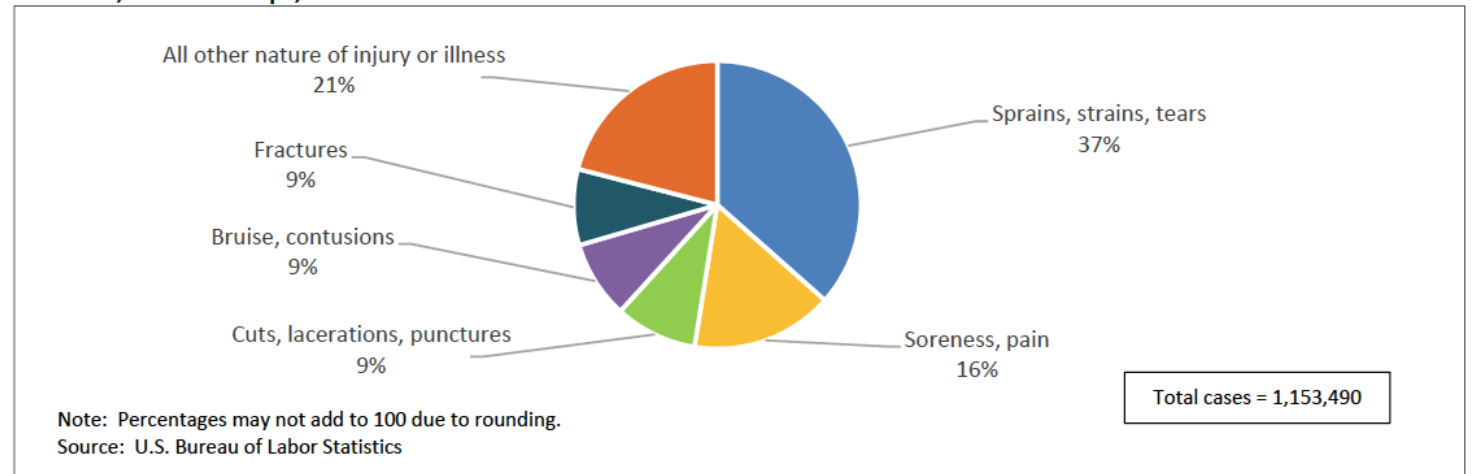
Non-Occupational will lead to Occupational Injury if left untreated

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More than 50% of  
all occupational-  
related injuries  
can be avoided  
entirely

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**Chart D. Percent distribution for occupational injuries and illnesses with days away from work by selected nature of injury or illness, all ownerships, 2015**





# Benefits From Early PT Intervention

Reduced  
Opioid Use



Less  
Imaging



Better  
Outcomes

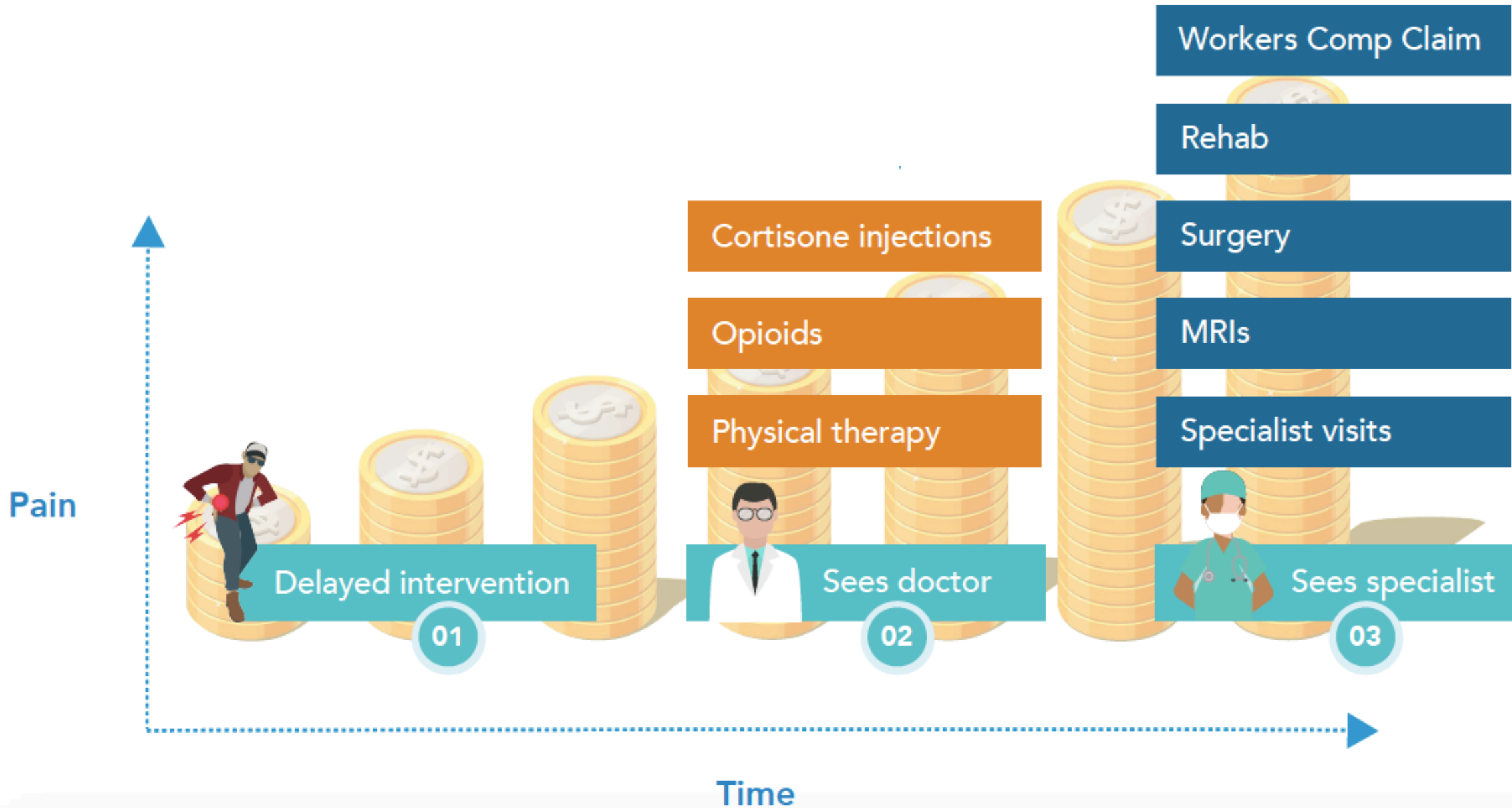


Source: BMC Health Services Research 2015

**If you want to lower your workplace injuries,  
you have to implement a program that:**

1. Addresses non-Occupational Injuries early
2. Prevents Occupational Injuries from occurring
3. Timely first aid integrated as an established wellness program





## What are the barriers that need to be addressed:

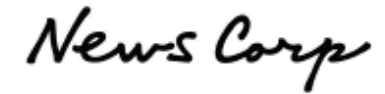
1. Access
2. Quality
3. Cost (employee)
4. Complexity
5. Behavior



A white double-decker bus is shown from a rear-quarter perspective, driving on a two-lane asphalt road that curves to the left. The bus is white with a blue stripe along the side. The background features a scenic landscape with rocky hills, green trees, and mountains under a bright, slightly cloudy sky. The sun is visible on the left side, creating a lens flare effect. The road has a white dashed line on the right and a solid white line on the left. A guardrail runs along the left side of the road.

Where do I turn to find the  
solution to this crisis?

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# SimpleTherapy

SimpleTherapy is a digital therapeutic application that guides users to musculoskeletal pain relief and workplace injury prevention.

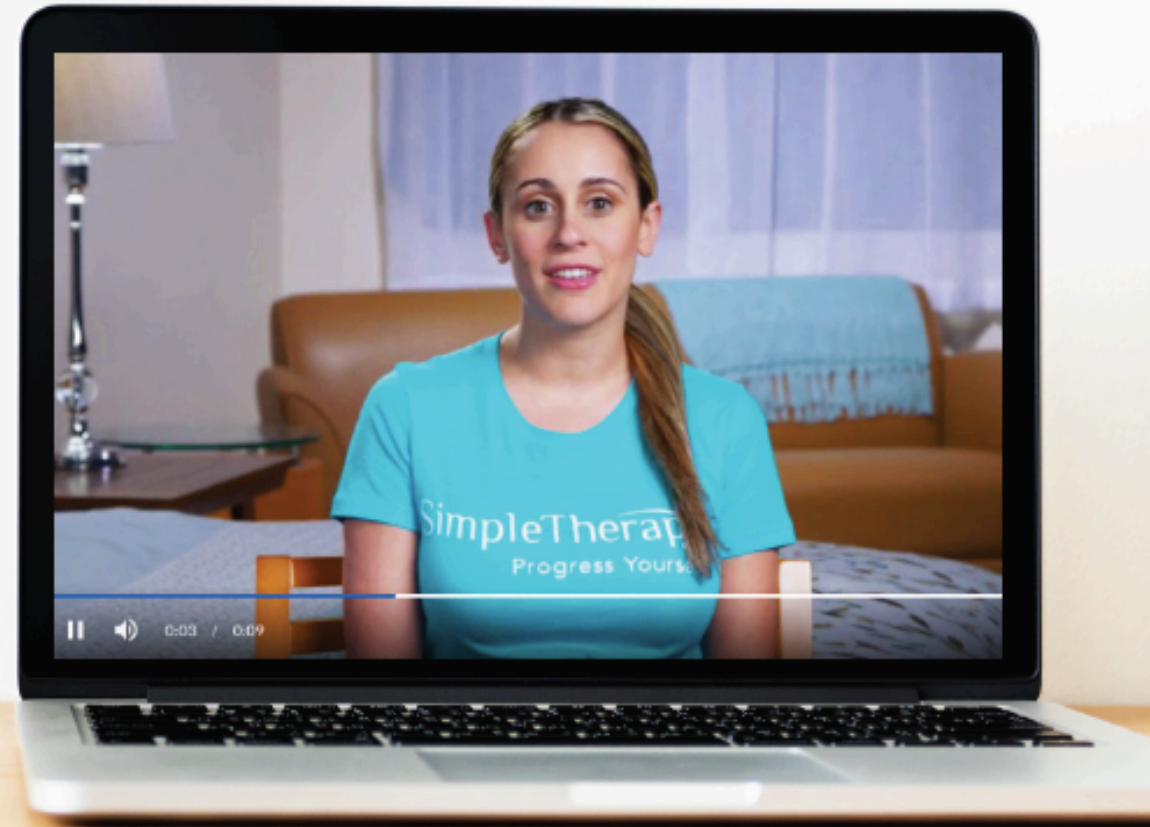
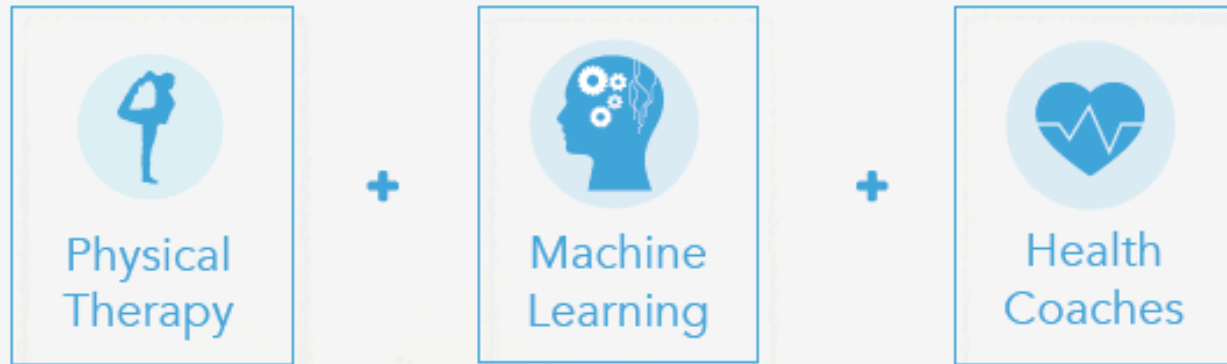


- Targeting specific muscle/joint pain
- Receive stretching routines specific to your job and work function
- Live coaching and clinical support

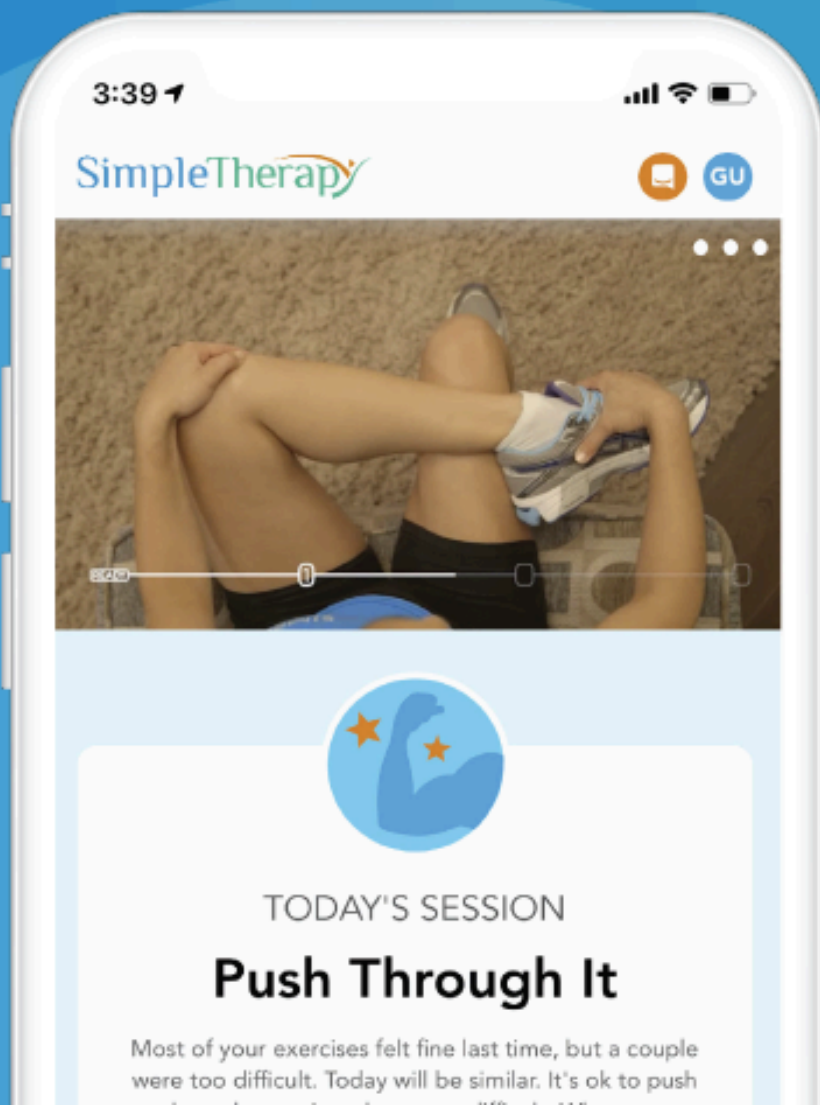




# What is SimpleTherapy?



# Guided exercise therapy sessions

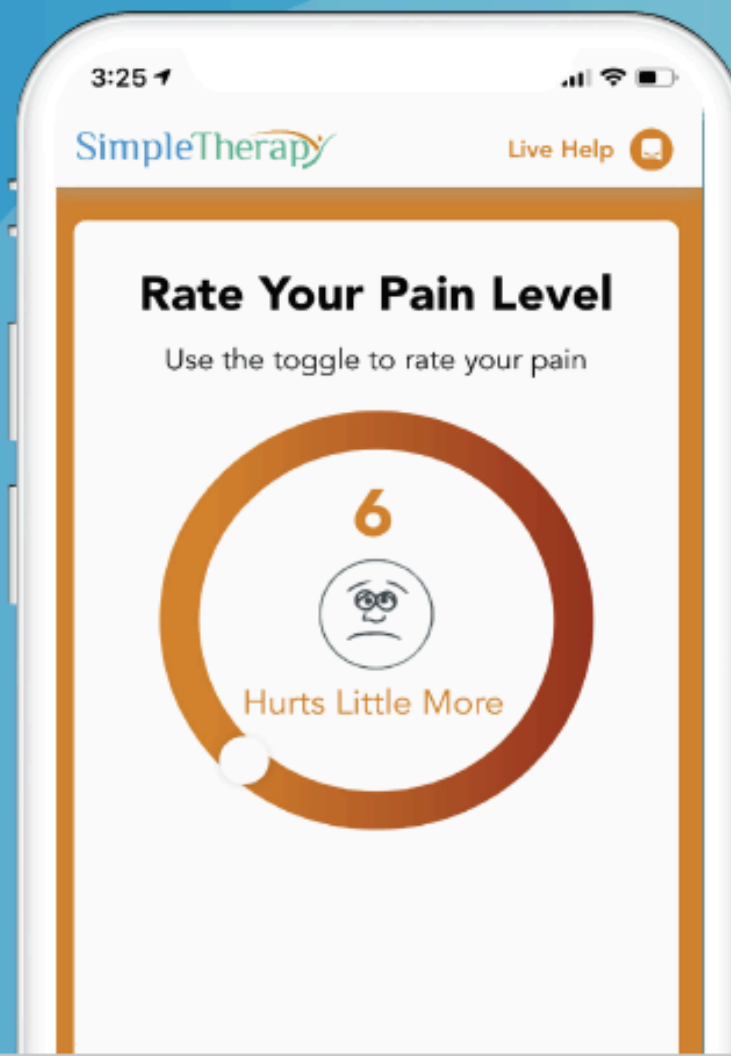


Follow along with videos  
to get targeted pain relief



# Adapts to your feedback and individual needs

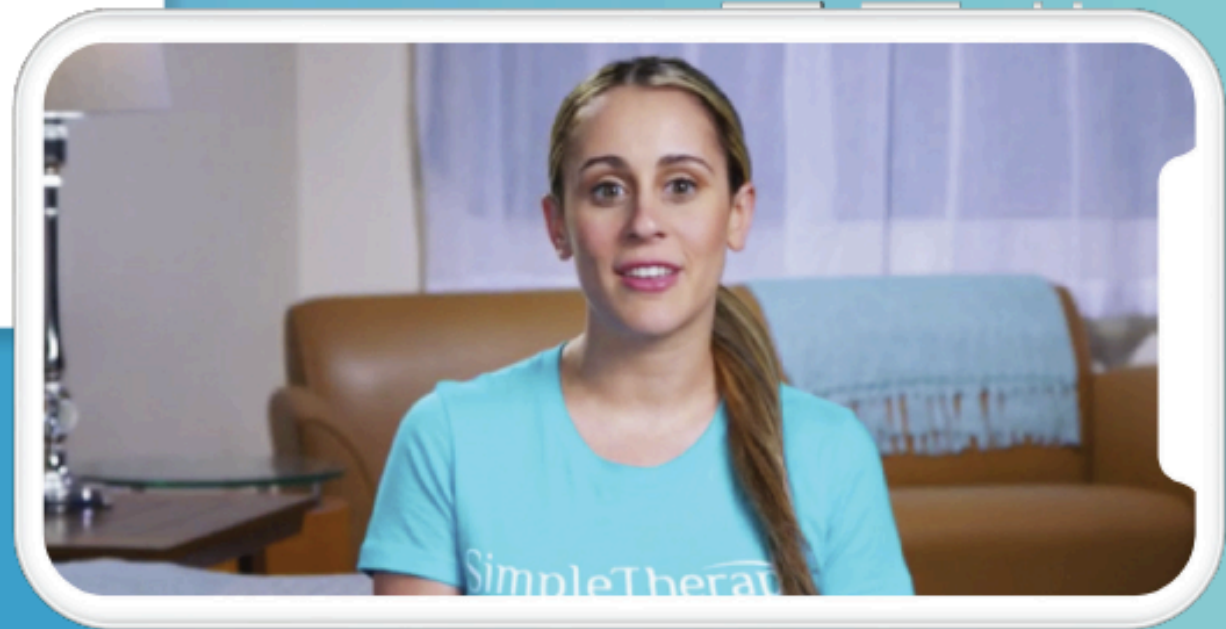
Tell the app how exercises feel to personalize your program in real time





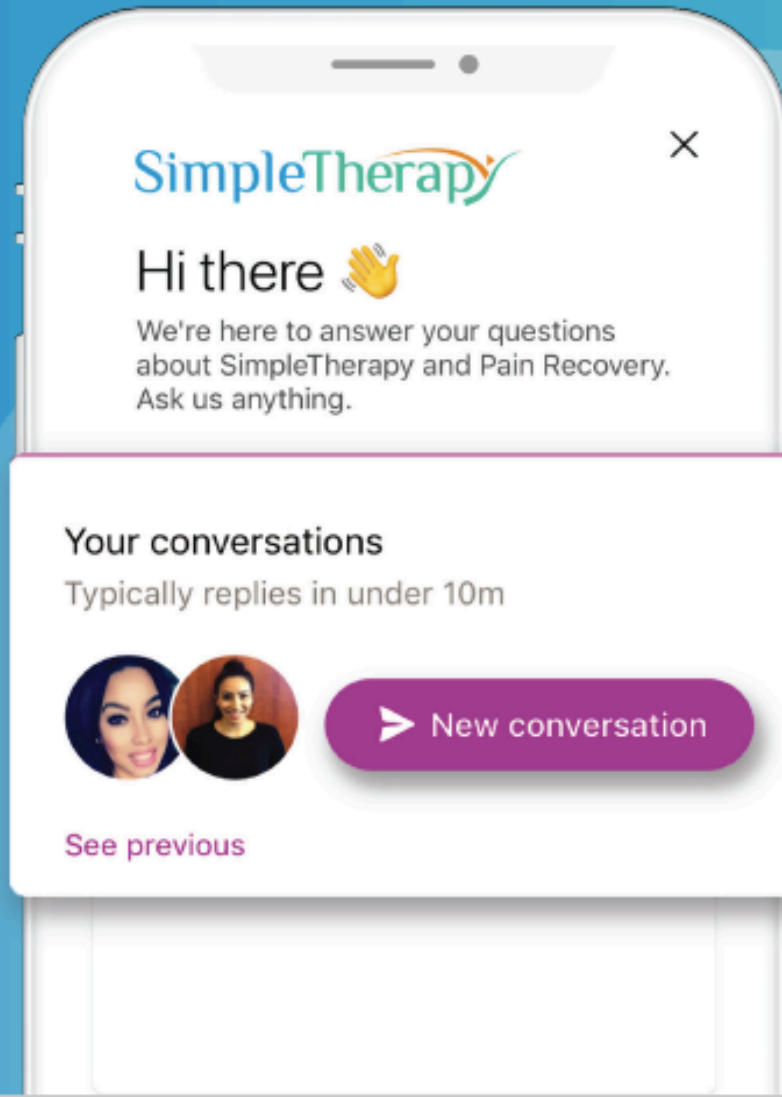
# Never pay for pain relief again!

- ✓ Relieve pain on your schedule
- ✓ No wait time/no copays
- ✓ 15 minutes or less per session
- ✓ Chat with a physician and health coach

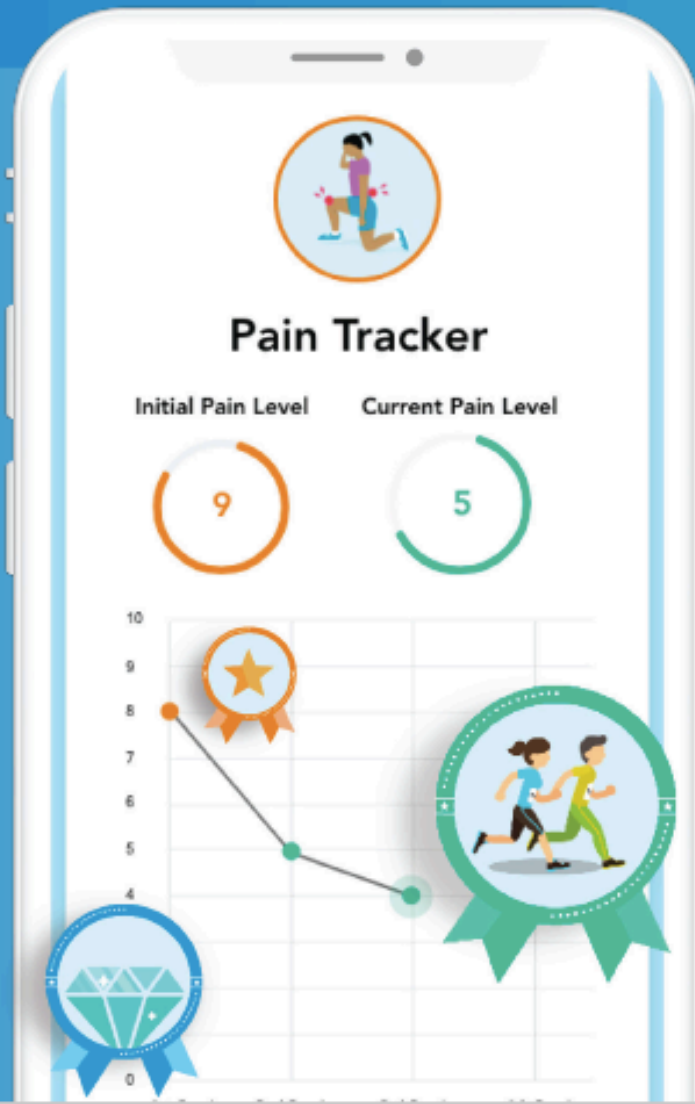


# Chat with our physicians and health coaches anytime

Get direct access to  
healthcare professionals  
and clinical support  
specializing in pain  
recovery



# Track your progress, earn rewards



Visualize your  
pain recovery and keep  
progressing



## When tackling these challenges, we need to start bringing the solutions to the employee:

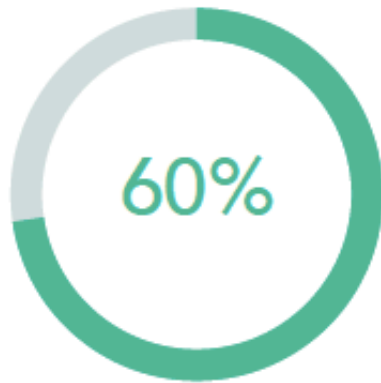
1. Close the gap in delayed intervention
2. Provide instant access to high quality professionals
3. Educate people in a simple way about complex topics
4. Make it fun

$$\frac{\text{Better QoL} = Q + S + F}{\text{Time}}$$

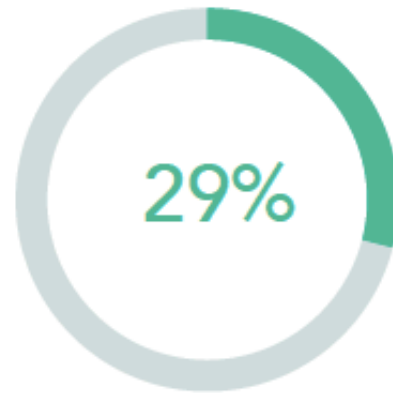
# Validated Cost Savings



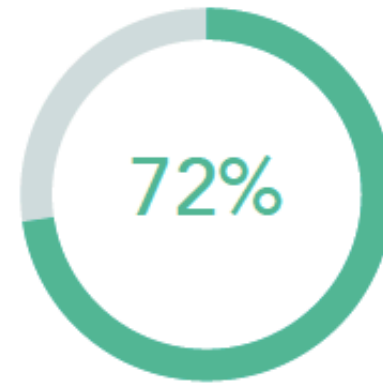
4.3/5 Rating



Fewer MSK  
Medical  
Claims



Workers'  
Compensation  
Savings



Faster return  
to work

89

NPS

Contact;

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