prescribe **FIT** The Leader in Orthopedic Patient Optimization

OUR PATIENTS' MOTIVATIONS & LIFE-CHANGING) RESULTS

Why do patients join Prescribe FIT?

83 %	Lose weight	59% Improve mobility	57%	Improve joint health	47% Reduce pain
40%	Because my doctor	told me to	16%	Improve sleep	
36%	Live longer		15%	Recover from sur	gery
34%	Get up and down the stairs more easily			Decrease stress	
28%	Improve other health issues			Reduce A1C	
21%	Prepare for surgery	13%	So I can garden / mow again		
21%	Always tired / wish i had more energy			Reduce trips to the doctor / hospital	
20%	Be able to play with my kids/grandkids/pets			Play golf, tennis, bowl or other sports again	
20%	Eliminate medications			Feel blue / want to be happy again	
18%	Want to travel / go	on vacation	6%	Other	

Did you have an orthopedic surgery?



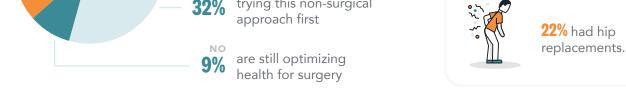
YES 47% had surgery prior to joining

YES 12% had surgery while participating in Prescribe FIT

NO **32%** trying this non-surgical



53% had total knee replacements



What results do patients experience?



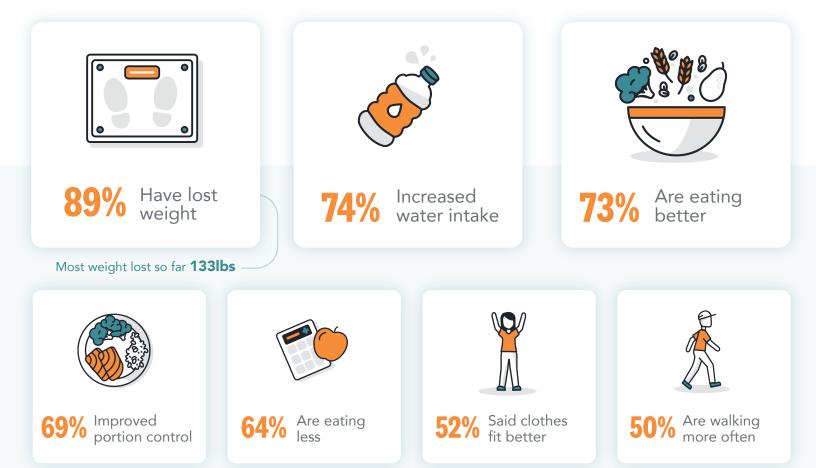


82% in severe pain saw a reduction in just 30 days



have seen an improvement in mobility

Other health improvements and small wins experienced by Prescribe FIT patients



42%	Are able to walk further	27%	Bought smaller clothes
39 %	Feel better	26%	Able to park further away from stores in parking lots
37 %	Have received compliments from friends, family, doctors, and others	23%	Using the app more often
37%	Stopped drinking soda and sugary drinks	21%	Sleeping better
36%	Improved energy	20%	Able to do stairs without being short of breath
33%	Increased self-esteem	20%	Added anti-inflammatory foods to diet
32%	Stopped going to fast food restaurants	16%	Removed inflammatory foods from diet
32%	Are able to get in and out of vehicle more comfortably	15%	Had a successful surgery
31%	Are eating more colorful meals	14%	Decreased stress
30%	Improved mood	14%	Lower A1C
29%	Stopped eating sugar, sweets, ultra-processed foods	7%	Eliminated medications
27%	Standing up more often		

What else do patients love about Prescribe FIT?

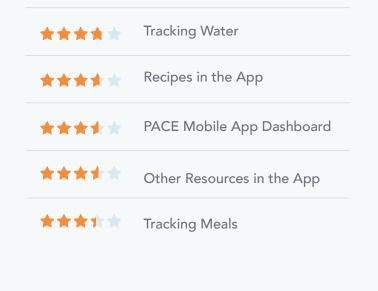


****	Resources Sent from
	My Health Coach

My Health Coach's **** Nutritional Guidance

**** Goals Set with My Health Coach

 \bigstar Assigned Exercises & Physical Activity Guidance



prescribeFIT

About Prescribe FIT: By combining innovative technology with one-on-one coaching and behavioral science, we help patients reduce pain, improve mobility, and decrease weight through simple changes to nutrition, physical activity, and lifestyle. It's why we're the leader in orthopedic lifestyle health.