REHABGURU

Transforming the delivery of Healthcare, Wellbeing and Fitness
Digital Exercise Prescription Platform

INNOVATING IN
REHABILITATION
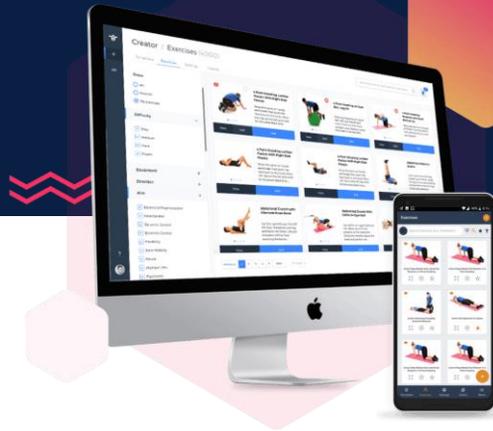
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Background

- Founded in 2008 by healthcare professionals

- Remains clinician-led

- Developed in-line with clinical best practice
  from the public and private
  healthcare sector

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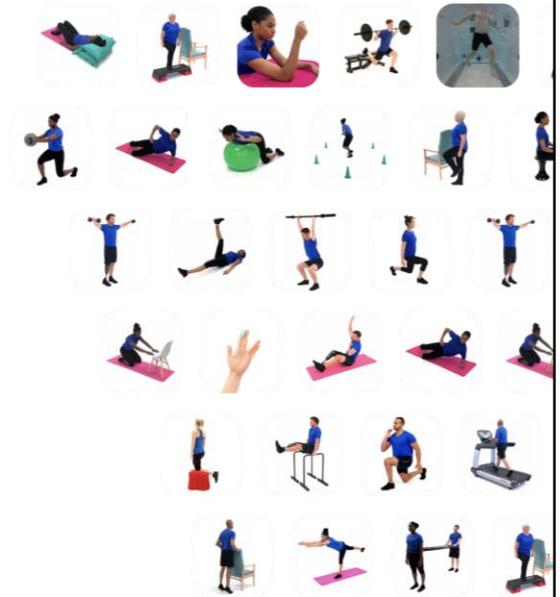
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Background – PR focus

- NHS LT plan recognises the need for Pulmonary Rehab (PR)

- NHS LT plan recognises the cost-benefit of (PR)

- Only 13% of eligible people access PR

- Joint research between RG & NHS to explore health outcome and health economic benefits
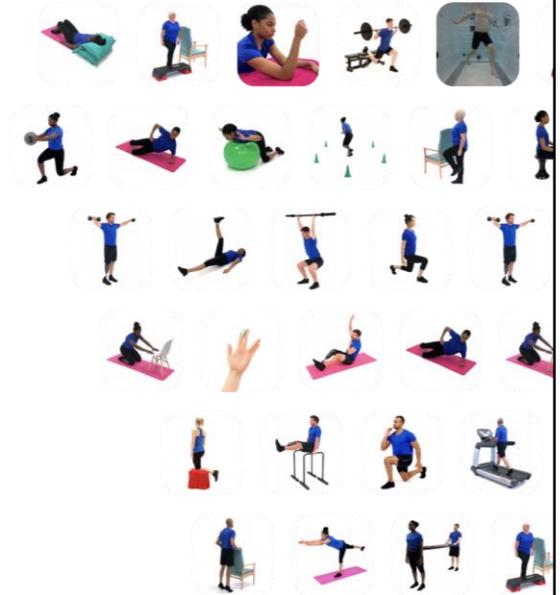
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Our Features

- 5000 Diverse and Inclusive Exercises

- Exercise creation tools

- Telehealth (choice of platform)

- Create auto-calculating outcome measures (PROM/PREM)

- Sendible patient forms

- Remote Tracking and Monitoring
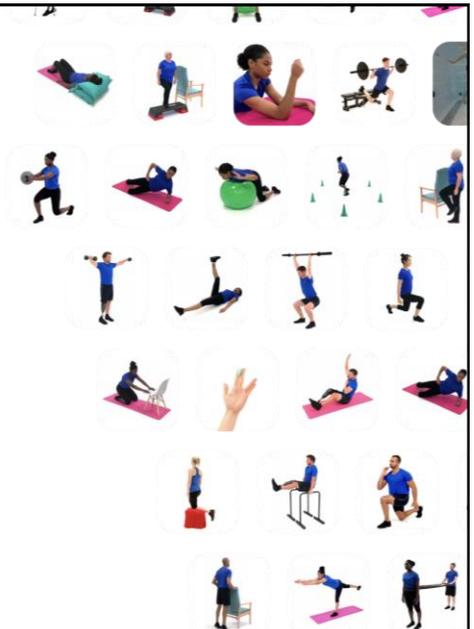
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Rehab Guru customers

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Exercise Library

- Equal and diverse library

- Carer exercises for B&P and vestibular

- Specialist hydro exercises

- Create your own exercise

- Request exercises from Rehab Guru (i.e. MoD & NHS)

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Telehealth

- Free Rehab Guru Telehealth
  - Open-source encrypted service
  - Available on Web / Rehab Guru Client app
- Paid Rehab Guru Telehealth
  - Branded video calls
  - Recording and auditing options
- 3rd Party Integrations
  - Zoom
  - Microsoft Teams (coming soon)
  - WebEx (coming soon)
  - Google Hangouts (coming soon)

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PROM / PREMs

- Create any PROM / PREM you need

- Rely on auto-calculation of the results, saving time and eliminating errors

- Track results overtime to for trend analysis

- Auto-sending of outcome measures coming soon, to reduce the administrative burden of sending PROM / PREMs on assessment and weekly/monthly intervals

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Health Outcome Tracking & Remote Management

- Improve clinical decision making with more data
- Track patient compliance
- Track qualitative written feedback
- Track these health outcomes:
  - Fatigue
  - Sleep quality
  - RPE
  - Pain
  - Borg / Modified Borg
  - Breathlessness
  - Wellness

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Rehab Guru Client App

- Track health data from wearable devices (i.e. step count)
- Improve ownership and motivation for their health
- Increase patient's motivation by viewing results
- Set reminders for increased compliance

Download on the **App Store** GET IT ON **Google Play** PWA Launch now as **Web App**
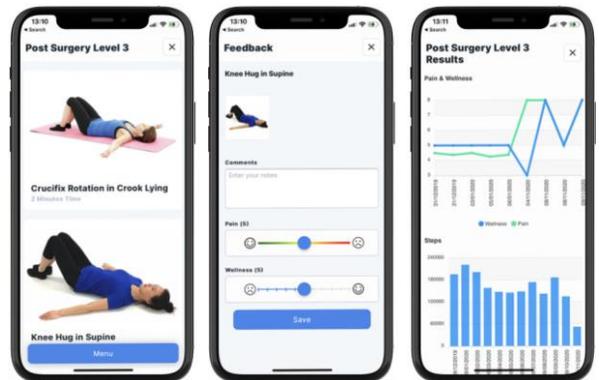
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NHS Research findings

- Cost of RG below NICE threshold per quality-adjusted life year (QALY)
- Reduced waiting times
- Utilise lower qualified staff to deliver care
- Accessibility at distance
- Saved 77 minutes of clinician time/patient
- Reduced hospital admission
- Reduced home visits
- Reduced outpatient appointments

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Certification

- UKAS ISO27001
- Cyber Essentials Plus
- Data Security and Protection Toolkit
- Digital Technology Assessment Criteria (DTAC)
- UK Servers
- GDPR Compliant
- ORCHA Certified

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Integrated & Extendable

- Rehab Guru is available to integrate with any system that has an API

- APIs can be leveraged for importing patients, syncronisation of notes and uploading prescriptions and outcome data

- Extendable through the custom development of required features for your department

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What next for Rehab Guru

- Translations bringing greater accessibility and global reach

- User-led feature development

- Extendable through the custom development of required features for your department

- Marketing integrations

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