

THE RISING HEALTH COSTS OF THE HOME OFFICE

Your employees may love working from home, but back pain and other musculoskeletal disorders are on the rise.

All the discomforts of home



78%

of WFH employees say they've been negatively impacted by an increase in sedentary activities during large portions of the day.¹

1 in 3

WFH employees have sought out a doctor, specialist, or physical therapist to address back or neck pain.¹

41%

of WFH employees have noticed worse posture since working from home.¹

Aches and Pains Increase Employer Costs



\$17,000

Average employer cost of an individual ergonomic claim in the U.S.²



125%

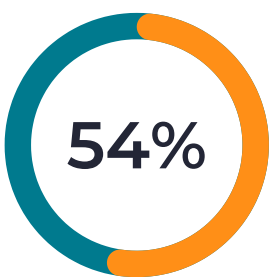
Estimated increase in costs associated with musculoskeletal disorders in 2020.³

16%

Expected increase in claims related to musculoskeletal disorders in the next 12 to 18 months.²

Prevention is Key

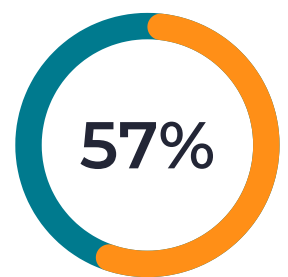
With remote work here to stay, employers can reduce costs by encouraging employees to pay attention to their posture. Upright by Dario is the first device to use biometric feedback and a companion app to track posture in real time, and it's clinically proven to reduce pain and increase productivity.



of study participants reported improvement in severe back pain.⁴



of Upright users improved their RAND SF Health Survey by an average of 29%.⁵



of Upright users in a corporate pilot program felt more productive and awake at work.⁶

ADDRESS ERGONOMIC PROBLEMS BEFORE REMOTE WORK BECOMES A COSTLY RISK

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¹ Upright User Work-From-Home Survey, 2021

² Address Ergonomic Problems Before Remote Work Becomes a Costly Risk – BRINK – News and Insights on Global Risk (brinknews.com)

³ U.S. Bureau of Labor Statistics, Liberty Mutual, and the National Academy of Social Insurance

⁴ Upright user survey, 2020

⁵ Harvey, R.H., Peper, E., Mason, L. et al. Effect of Posture Feedback Training on Health. Appl Psychophysiol Biofeedback 45, 59–65 (2020). <https://doi.org/10.1007/s10484-020-09457-0>

⁶ Upright pilot program with major consulting firm, 2020