



Leveraging Digital Technologies Can Help Your Employees Reduce Pain and Improve Quality of Life



The International Association for the Study of Pain (IASP) estimates that 20.5% of U.S. adults – 50.2 million of us—experience pain on most days or every day, typically in the back, hips, knees, and feet.

The widespread prevalence of physical pain is taking its toll on employers. In the IASP study, respondents with chronic pain reported significantly more workdays missed (10.3) compared with those without chronic pain (2.8).

Even people with joint pain who show up for work aren't quite all there: they lose an average of 2.4 hours of productivity each week, while those with pain in three or more parts of the body lose 9.8 hours a week, on average. Known as presenteeism, this inability to perform as expected can cost businesses 10 times more than absenteeism.¹

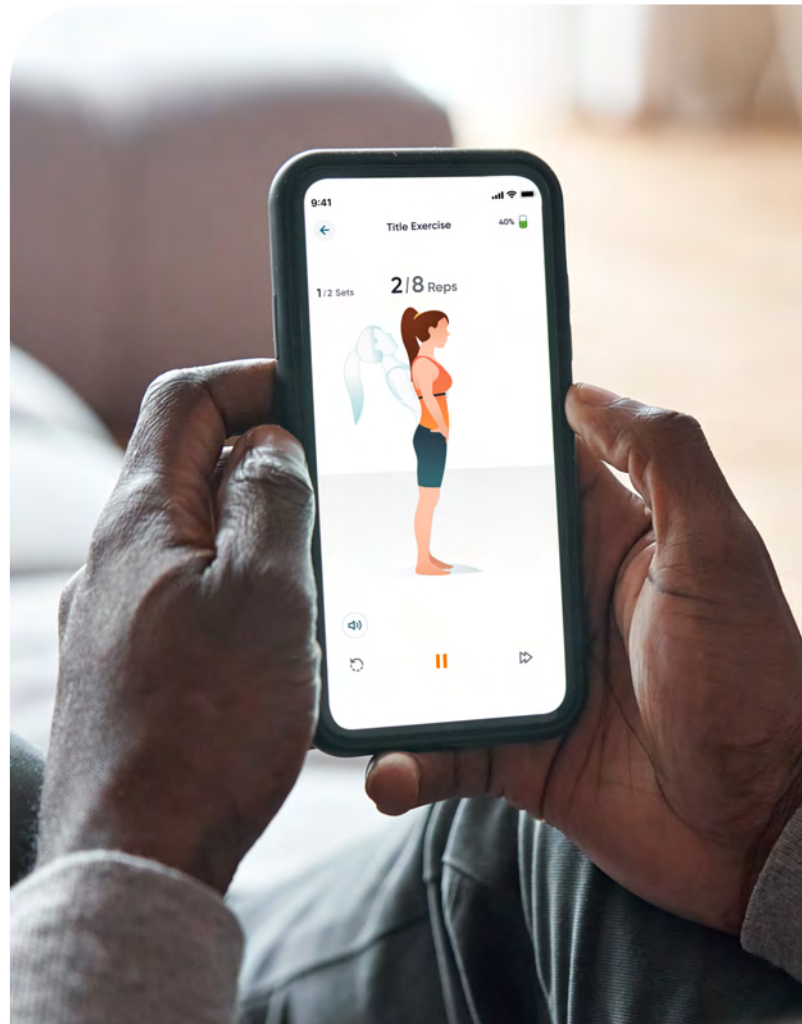
1. Kawai K, Kawai AT, Wollan P, et al. Adverse impacts of chronic pain on health-related quality of life, work productivity, depression and anxiety in a community-based study. *Fam Pract.* 2017 Nov 16;34(6):656-661. https://www.aferm.org/erm_feed/managing-pain-in-the-workforce/

To make matters even worse, people with chronic pain often experience depression, poor circulation, digestive issues, and other conditions that make it even more difficult for them to go to work or stay focused while doing their jobs.

Why is pain so prevalent?

Several factors, such as acute injuries, repetitive motion, bad posture, sitting for long hours, and a lack of regular exercise cause pain. While accidents can and do happen, most pain comes from either not moving enough or not knowing how to move correctly.

According to the World Health Organization (WHO), 31.3% of people aged 15+ are generally inactive, getting less than two and a half hours of moderate activity per week. Evidence shows that people who exceed this threshold are generally more fit and have fewer chronic conditions than those who don't get as much activity.²



What can employers do?

The Centers for Disease Control and Prevention's total worker health (TWH) model recommends "policies, programs and practices that integrate protection from work-related safety and health hazards with promotion of injury and illness prevention efforts to advance worker well-being."

In an ideal situation, risk management and wellness must come together to create a comprehensive, employee-centric pain management strategy, including prevention and treatment programs that focus on posture training, prescriptive exercise, and education, plus easy access to treatment options for pain and discomfort, as well as stress, anxiety, and depression.

2. <https://www.who.int/data/gho/indicator-metadata-registry/imr-details/3416>

Fortunately, Dario offers digital therapeutics technology that can help people of all ability levels reduce pain and improve functionality. The Dario Move solution includes an easy-to-use posture training device, sensor-guided exercise programs, and a convenient mobile app for tracking data, communicating with coaches, and accessing behavioral health treatment options. It's everything employers need to promote wellness, reduce risk, and increase productivity in the workplace.

Clinical Research Validates Dario's Effectiveness

54%

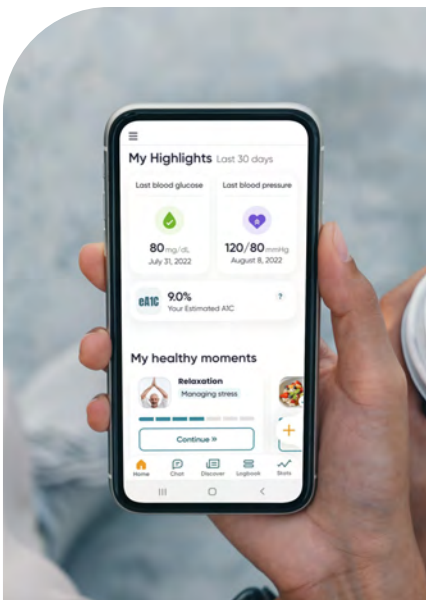
Reduction
in severe pain after
18 months

61%

Reduction
in moderate pain
after 18 months

29%

Improvement
in current health status



About Dario

Founded in 2011 as a direct-to-consumer digital health provider, Dario perfected its solution with real users before selling to employers, health plans, and providers. Dario's proven and popular solution makes it easy for people to care for their health, with continuous and connected digital support that meets and anticipates individual needs, understands personal motivators, and facilitates engagement and behavior change.

Learn more at dariohealth.com.

[Contact us](#) for more information or to schedule a demo.