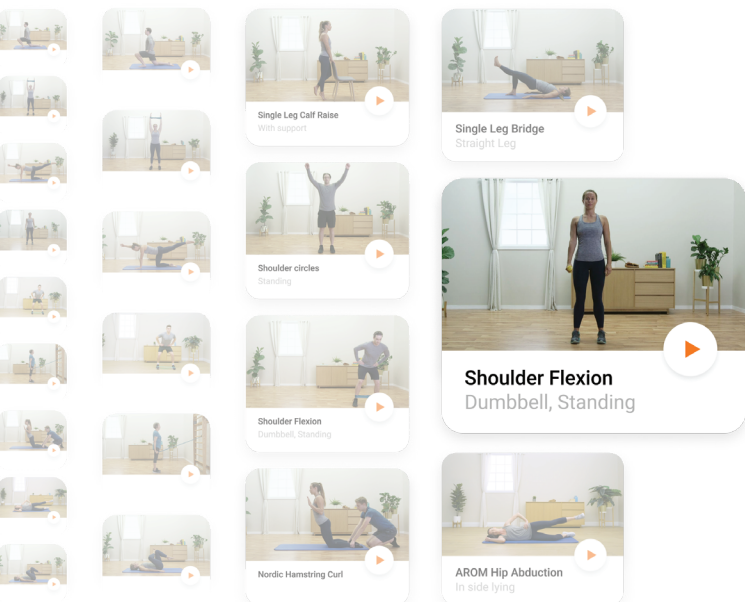
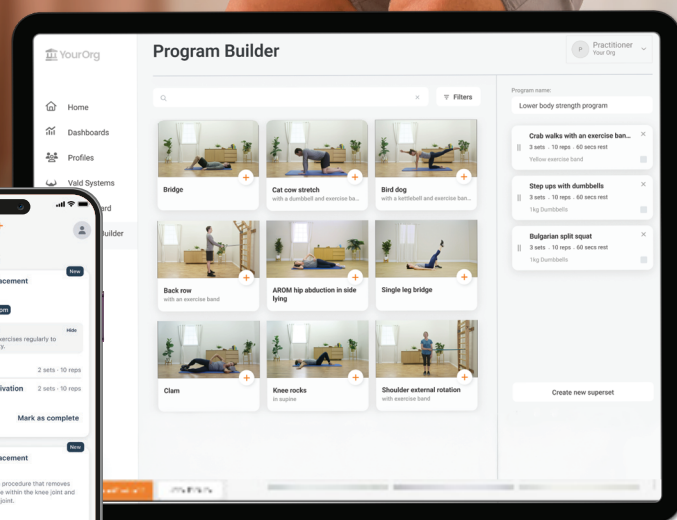
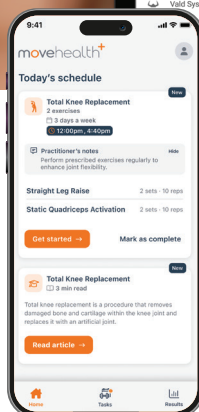


VALD

Digital Health Solutions

Remotely monitor your patients' exercise, education and PROMs, **for free.**

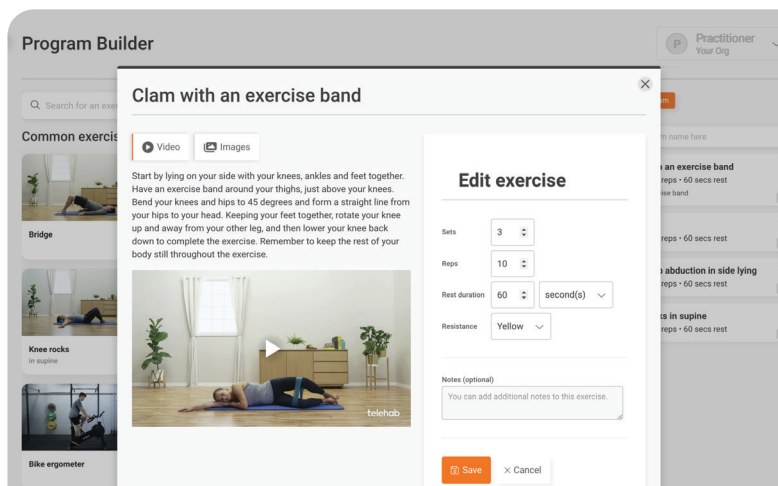
Access from **VALD Hub**,
or **sign up here:**



Exercise Prescription

- + Library of over **7,000 exercises** and counting.
- + Simple yet powerful program builder.
- + Search. Drag-and-drop. Adjust sets, reps, time and equipment. Create supersets. Build your exercise programs the way you like them.
- + Assign programs instantly and choose the parameters for your patient.

- + Copy program notes to use in other systems.
- + Print or save a PDF or invite your patient to view their program in our patient app – MoveHealth.
- + Create templates for your most used exercises, or bulk assign for multiple patients.

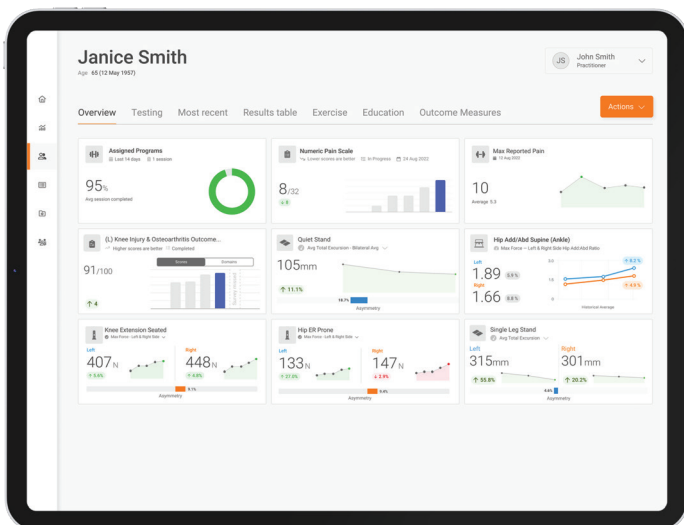


Patient Education

130+ educational topics, ensuring your patients get the right message about their condition and can understand what to expect with their rehabilitation or management journey.

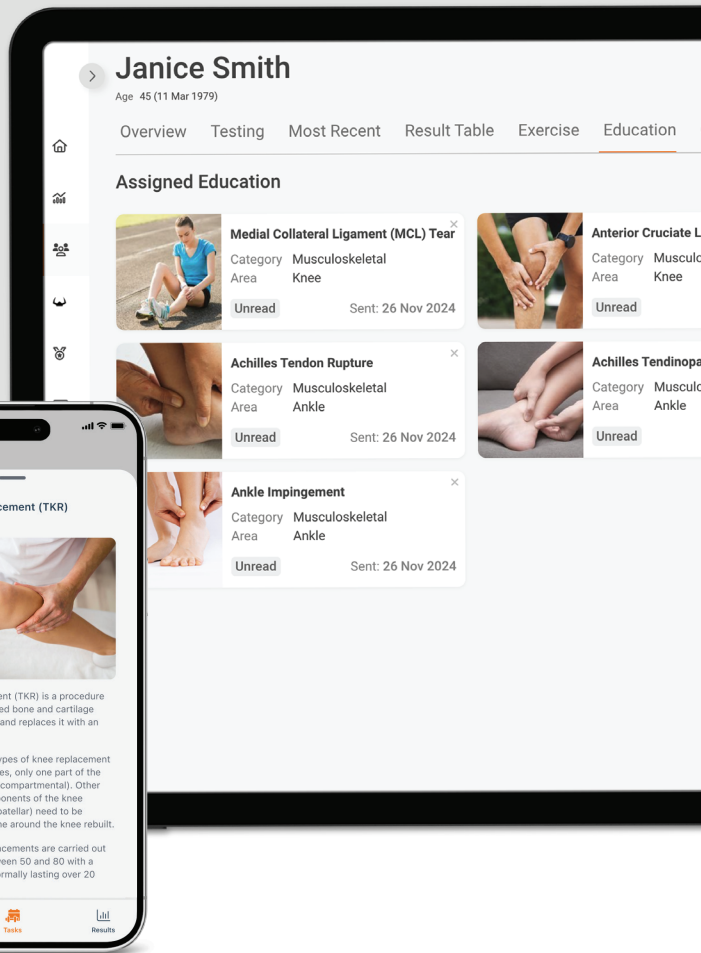
Outcome Measures

Clinically-curated, research-backed MSK questionnaires. These can be assigned with a click, ensuring your patients' PROMs data is accurate and reliable.



Remote Monitoring

When patients complete their exercises or PROMs, results are automatically saved to VALD Hub, where you can review all of your patients' most important data in one place.



Patient Engagement

Fast, intuitive and easy to use, the MoveHealth app walks your patients through their exercises, giving them refreshers and allowing them to upload videos for your review.

