

DORN On-the-Go – Virtual Self-Care

Putting your health at your fingertips

Cloud-Based Exercise App

This extensive digital database offers an exciting new mechanism to help employees take care of their health. With over 700 exercises targeting every part of the body, DORN's cloud-based solution provides tools to help alleviate discomfort or pain before it escalates into an injury or other issue that requires an employee to miss work. The app enables onsite specialists and other health care providers to create custom plans for employees that target the specific needs of each individual, focusing on exercises that provide relief in the areas affected by their job tasks. Providers can recommend mobility routines, warm-ups to help employees prepare for work, and programs to develop strength and conditioning, with an array of exercises that can be applied to each employee's job function. Once invited by a health care provider or specialist, employees can access exercises with simple instructions and demonstrations at any time, both on the job and at home.

Benefits of DORN's Easy-Access Exercise Database

From the office to warehouses and manufacturing centers, empowering employees to focus on their wellness can help prevent injuries and improve morale while contributing to a positive safety and wellness culture in the workplace. Through the DORN solution, our PainFree Specialists support employee health and wellness by:

- Emphasizing the muscle groups and body parts most affected by observed job tasks
- Sharing plans that target employees' areas of discomfort
- Improving employee function in movement, proprioception, flexibility, stamina, and strength
- Providing guidelines for exercising and stretching during breaks as well as before and after a shift—and from home, 24 hours a day
- Utilizing built-in push notifications, reminders, and surveys to gauge improvement

For employers, DORN's solution offers a simple way to engage with employees while helping reduce injury risk and alleviate pain in the workforce. By implementing the app, employers can:

- Provide ongoing reinforcement of current interventions and wellness guidance to help employees take care of their health
- Support a culture of safety and wellness in the workplace with enhanced low cost support
- Reduce costs associated with ongoing treatment by preventing injuries and avoiding lost work days
- Offer a wealth of knowledge through robust reporting on utilization, employee engagement, and health outcomes



About DORN Companies

For nearly 20 years, DORN has led the cutting edge of workplace safety solutions, offering holistic, proactive strategies to help organizations in all sectors reduce injuries, cut costs, and boost productivity. With a whole-person approach to safety that evaluates Body, Behavior, and Environment, DORN deploys custom-built solutions based on trusted science and the expertise of a nationwide team of workplace safety specialists. Whether through ergonomic assessments, PainFree treatments, biomechanics programs, technology solutions or coaching and training, DORN solutions significantly enhance organizational efficiency and employee effectiveness while improving the overall culture of the organization. With an annual ROI of nearly 600% and a reach of over 100,000 employees, we have saved employers over \$100 million in workers' compensation and healthcare claims and costs.

DORN Companies: Empowerment through Education & Engagement

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