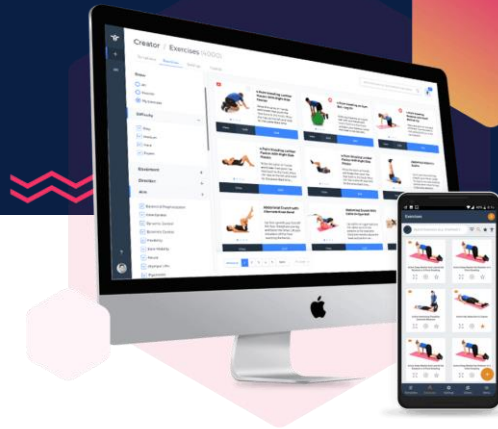




Transforming the delivery of Healthcare, Wellbeing and Fitness  
Digital Exercise Prescription Platform

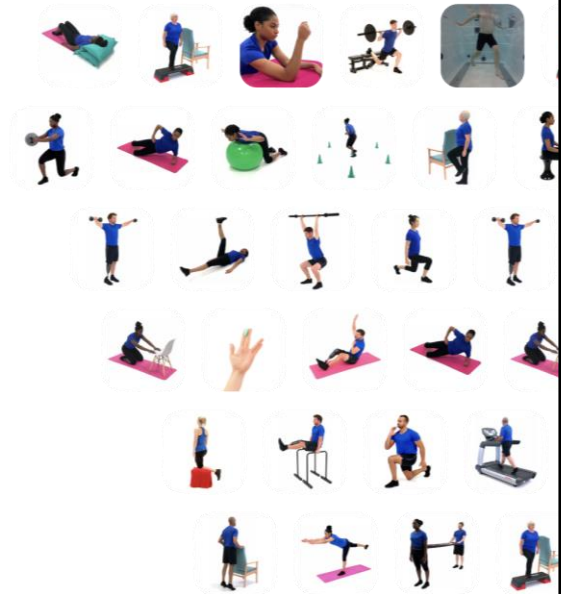
## INNOVATING IN REHABILITATION



1

### Background

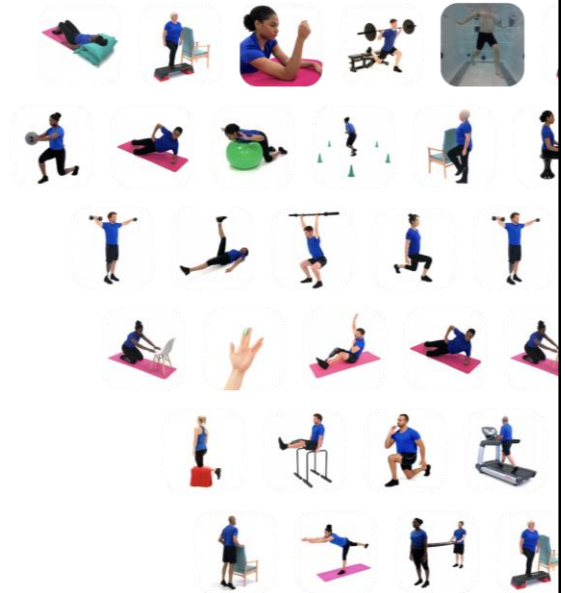
- Founded in 2008 by healthcare professionals
- Remains clinician-led
- Developed in-line with clinical best practice from the public and private healthcare sector



2

## 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

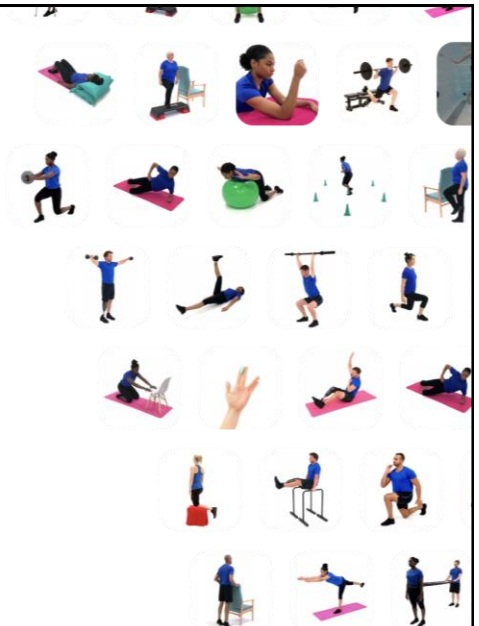


 REHABGURU

3

## 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



 REHABGURU

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## Rehab Guru customers



Ministry  
of Defence

Imperial College  
London



Liverpool Heart and  
Chest Hospital  
NHS Foundation Trust



Cheshire and  
Wirral Partnership  
NHS Foundation Trust



Mersey Care  
NHS Foundation Trust



UNIVERSITY  
OF HULL



Mid Cheshire Hospitals  
NHS Foundation Trust



Bridgewater  
Community Healthcare  
NHS Foundation Trust



Warrington and  
Halton Hospitals  
NHS Foundation Trust



Homerton  
University Hospital  
NHS Foundation Trust



East Cheshire  
NHS Trust



St Helens and Knowsley  
Teaching Hospitals  
NHS Trust



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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

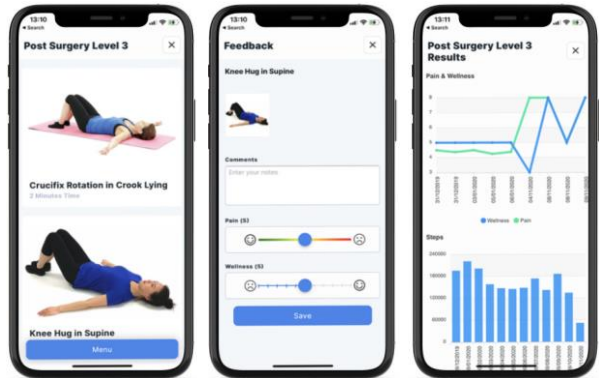
- Improve clinical decision making with more data
- Track patient compliance
- Track qualitative written feedback
- Track these health outcomes:
  - Fatigue
  - Sleep quality
  - RPE
  - Pain
  - Borg / Modified Borg
  - Breathlessness
  - Wellness



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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



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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



**REHABGURU**

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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



**Digital Technology Assessment  
Criteria (DTAC)**



**REHABGURU**

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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, synchronisation 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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## Get in touch



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