



ExamFIT™
By WorkerFIT

BRIDGING THE GAPS IN WORKER FITNESS



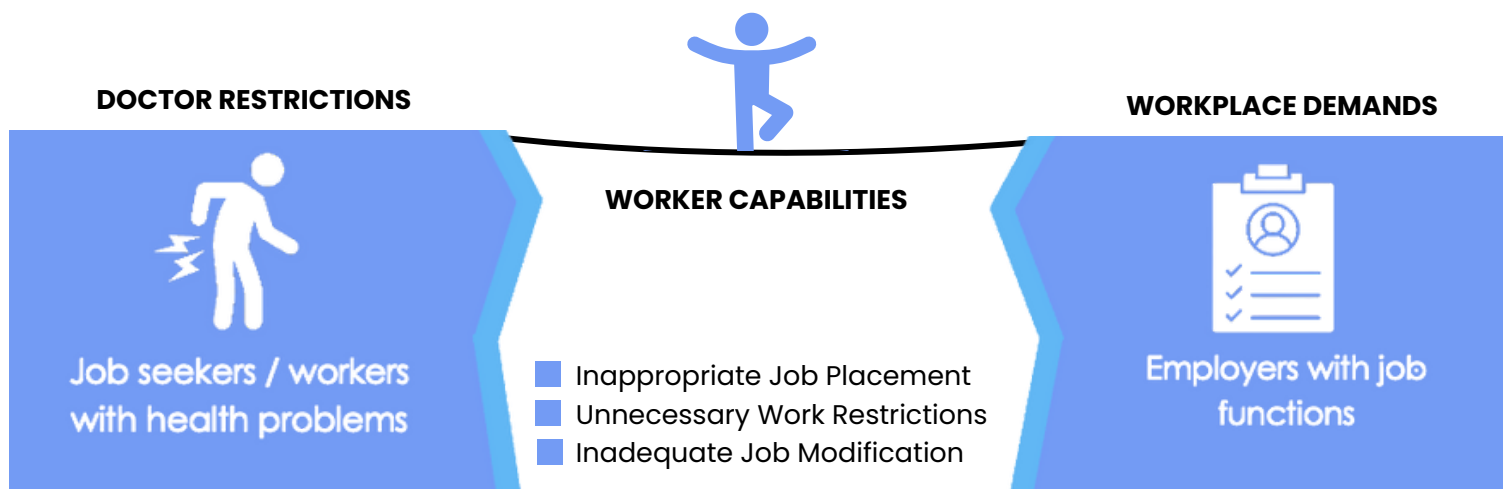
JOB-RELEVANT EXAMS FOR BETTER HEALTH OUTCOMES

Workplace Health: a Broken System

The workplace health system is fundamentally broken due to critical misalignments between three key stakeholders:

- **Health practitioners** often issue restrictions with limited understanding of actual job requirements.
- **Employers** have specific workplace demands that workers must meet.
- **Workers** themselves have varying capabilities that often don't match prescribed roles.

These **misalignments** create expensive inefficiencies through **inappropriate job placements**, **unnecessary work restrictions**, and **inadequate job modifications**. It's like balancing on a tightrope and waiting to fall.



Transform to Standardized and Paperless Workflows

ExamFIT fills these gaps with a **secure platform** that enables providers to access **ErgoFIT job demands** and efficiently manage the **design, collection, analysis**, and **reporting** of **standardized exams** and visit **reports**, regardless of complexity.

FROM THIS

Critical gaps in exam workflows put workplace safety, well-being and productivity at risk:

- ✗ Providers rely on workers to clarify job demands
- ✗ Time-consuming, paper surveys and exams
- ✗ Examiners lack guidance on test protocols
- ✗ No flexibility to create custom tests or forms
- ✗ No export feature to analyze exam data for groups

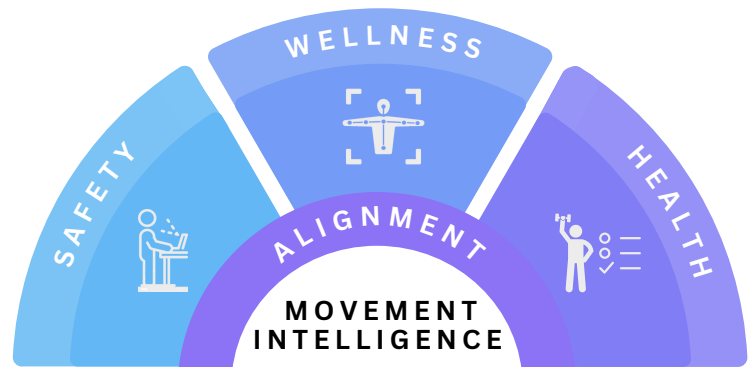
TO THIS

Intelligent exam workflows inform better provider decisions and total workplace health outcomes:

- ✓ Providers easily import job demands from ErgoFIT
- ✓ Collect survey or exam data using mobile devices
- ✓ Access prescribed test instructions and resources
- ✓ Develop or revise standard tests or forms
- ✓ Export anonymized group exam data for analysis

Total Musculoskeletal (MSK) Worker Health

Examine workers from hire to retire to prevent and manage movement impairments, function, and participation restrictions through all three pillars of WorkerFIT's system for comprehensive musculoskeletal workplace health.



PREVENTION & EARLY DETECTION

- New hires undergo an initial job fitness exam to objectively assess musculoskeletal health and job fitness.
- This ensures that workers are ready to perform the expected job duties and receive coaching to promote physical fitness or manage movement deficits.

HEALTH & FITNESS PROMOTION

- Workers may choose to take part in voluntary wellness screenings that include movement assessments designed to evaluate MSK risks.
- This establishes an MSK health baseline and tracks workers' physical activity, dietary habits, and chronic condition management.

DISABILITY MANAGEMENT

- Workers on disability leave or restricted duty get periodic job fitness exams to guide effective workplace interventions.
- This ensures workers with disabilities receive reasonable accommodation and promotes cost-effective care, and accelerates functional recovery.

The ExamFIT Advantage

Bridge the gap between providers, employers, and workers through intelligent workflows.

- **Integration with Job Demands** - Import ErgoFIT job requirements to eliminate guesswork.
- **Mobile-First Data Collection** - Replace paper workflows with efficient mobile collection.
- **Standardized Protocols** - Access prescribed instructions while creating custom forms.
- **Comprehensive Analytics** - Export anonymized group data for population health analysis.



Get a Demo