



INVOICE

Plethy, Inc.
2362 Qume Dr. #E
San Jose, CA. 95131
Please send payment to: 225 Edelen Avenue, Los Gatos, CA 95030
+1 (669) 288-6588

Claim #: C12345678
Code: 99999
Date Of Service: 12/01/2024
Invoice Generation Date: 01/16/2025
Plethy FEIN: 81-2075733

BILL TO

XYZ Insurance
2255 Court St.
Sunny City, IL, 55555

MONTH OF SERVICE	ADJUSTER	INJURED WORKER	MONTHLY RATE
December 2024	Jordan Young	Charlie Brown # C12345678	\$999.00

Total: \$999.00

COMMENTS

1. Payment due in 30 days
2. Please note the month of service in your payment method

Thank you for your business.



Interim Progress Report

Charlie Brown, Reporting Period: 12/01/2024 - 12/31/2024

CUSTOMER INFORMATION

Primary Payer:	XYZ Insurance	Employer Name:	
Claim Number/ID:	C12345678	Claims adjuster:	Jordan Young
Date of Injury:	09/23/2024		

INJURED WORKER

Injured Worker:	Charlie Brown	Rx Referral Date:	09/30/2024
Date of Birth:	12/23/1985	Initial Contact Date:	09/30/2024
Treating Provider:	Jane Doe	Program Start Date:	10/03/2024
Diagnosis/Body Part:	Fracture of Radius (L)		
ICD-Code:	Closed left distal radius fracture		

Dear Jordan,

Mr. Brown is a 39-year-old male, he was referred to use the Recupe at-home recovery program following a fracture in his left radius his date of injury was on 09/23/2024, and he has a Recupe program start date of 10/03/2024. He has recently undergone surgery on Friday 10/04/2024 and is recovering,

Mr. Brown has demonstrated excellent adherence to the Recupe program, consistently reporting on key metrics such as Pain Scale, HEP Adherence, and Mood this month. He has completed the Örebro Musculoskeletal Pain Screening Questionnaire, which yielded a score of 101. His responses indicated that his work is fairly heavy or monotonous, he has felt moderately tense or anxious in the past week, and when asked about his chances of being able to work in six months, he expressed a moderate view. Additionally, Mr. Brown reports he is recovering the area presents persistent swelling, although it has reduced is still present he feels therapy is working. The Recupe Coach will continue to support Mr. Brown in reengaging with her recovery until he achieves recovery goals and completes the Recupe program.

Below is a summary highlighting Mr. Brown's participation and progression efforts to date.

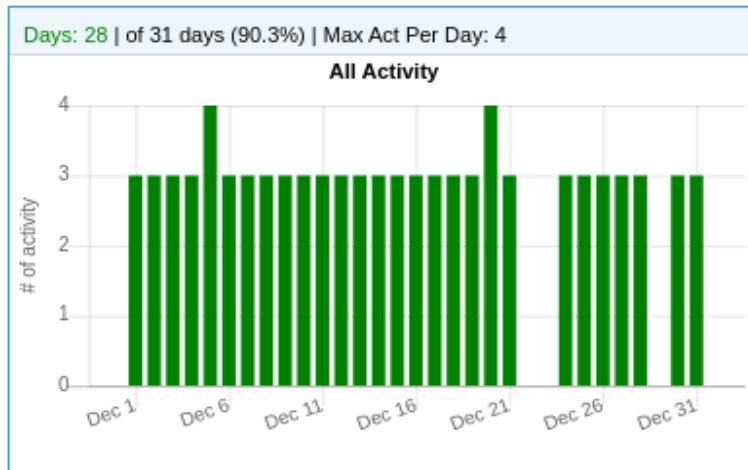


Interim Progress Report

Charlie Brown, Reporting Period: 12/01/2024 - 12/31/2024

SUMMARY DATA AND INSIGHTS:

Overall Recupe Activity:



Overall Recupe Activity reflects all activities and interactions available on the Recupe program (e.g.: pain reported, mood reported, HEP adherence, new HEP upload, communication with coach etc.)

Injured Worker Active on Recupe

28 out of 31 days

1. Injured Worker Surveys

1.A. Injured Worker Reported Outcome Survey: ÖREBRO MUSCULOSKELETAL PAIN SCREENING QUESTIONNAIRE

The Örebro Musculoskeletal Pain Questionnaire (ÖMPQ) uses subjective questions to predict long-term disability and work absenteeism in working adults with acute and chronic musculoskeletal pain. The total score ranges from 4 to 210. Greater scores indicate increased disability, so lower scores are desired.

Additionally, a cut-off score of 105 has been discovered to identify individuals who will recover (95% accuracy), those who won't take any more sick days in the next six months (81% accuracy), and those who will take long-term sick leave (67% accuracy) (Linton et al. 2003).

- Date taken: 10/16/2024 | Score: 101

2. Total Physical Activity (average per day): 19 minutes (Low)

Mr. Brown demonstrated excellent engagement throughout this reporting period. Based on his prescribed home exercise program, he did low physical activity with an average 19 minutes per day. No walking activity is tracked.

Physical Activity Scale (min per day): Vigorous - Over 30 | Moderate - 30 | Low - Less than 30



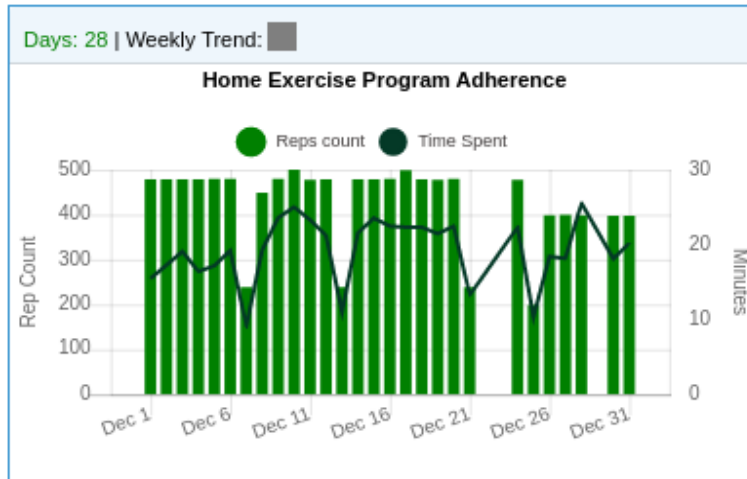
Interim Progress Report

Charlie Brown, Reporting Period: 12/01/2024 - 12/31/2024

**CDC recommends 2 or more days/week of muscle-strengthening activities that work all major muscle and 30 minutes/day, 5 days/week of moderate-intensity aerobic activity (such as brisk walking).*

<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

2.A. Home Exercise Program (HEP) Adherence on Recupe



HEP adherence reflects days the injured worker performed prescribed exercise program at home using Recupe. Does not include the injured worker's in-person PT/OT visits.

- Total HEP Days: 28
- Total HEP Time (HH:MM:SS): 09:05:01
- Total HEP Reps: 12,024
- Average HEP Time per day (minute): 19
- Average HEP Reps per day: 429

Mr. Brown met his weekly HEP adherence expectation 4 out of the 4 weeks for the reporting month.*

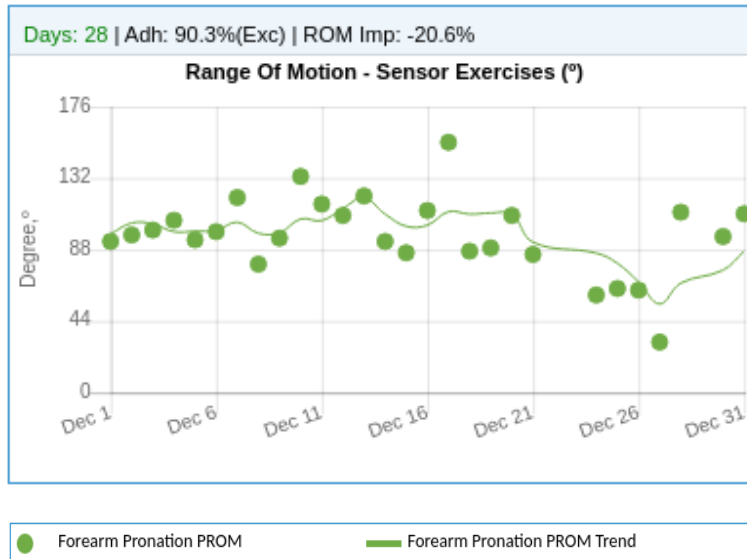
**Based on recommendation from the American Academy of Orthopedic Surgeons with weekly goal of 3x/week.*



Interim Progress Report

Charlie Brown, Reporting Period: 12/01/2024 - 12/31/2024

2.B. Sensor Exercise Progress



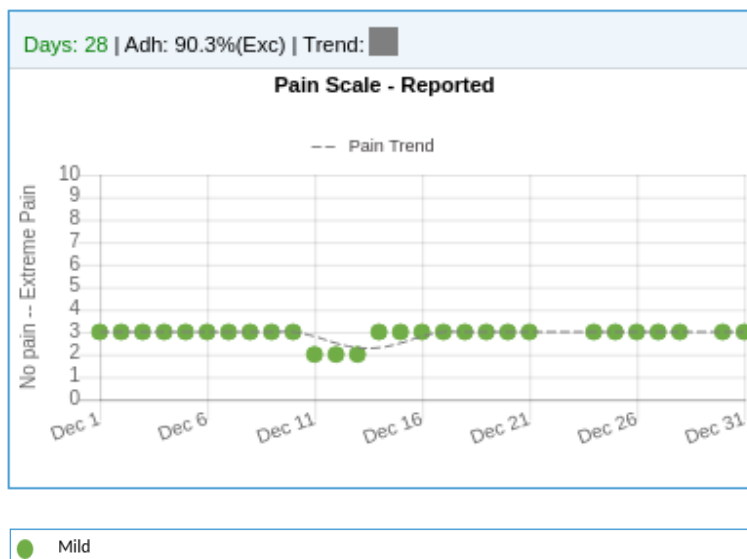
- Total Sensor Exercise Captured Days: 28
- Forearm Pronation PROM, range & mean (degree): 31 to 154 (mean: 96.9)

Mr. Brown performed all ROM exercises as prescribed and captured through the Recupe sensor.

3. Reported Pain and Management

Mr. Brown reported mild pain scale of 2 - 3 out of 10. At the start of this reporting period, Mr. Brown reported pain scale of 3 out of 10. His last reported pain scale was 3 out of 10. His pain trend has no change during this reporting period.

3.A. Reported Pain Scale





Interim Progress Report

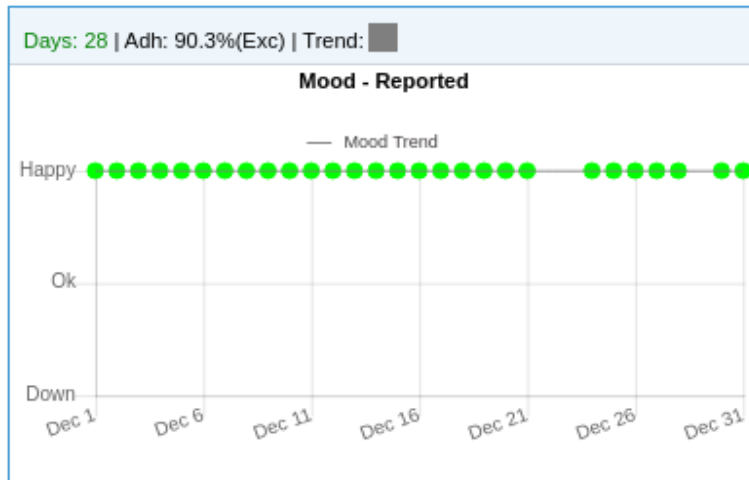
Charlie Brown, Reporting Period: 12/01/2024 - 12/31/2024

- Total Reported Pain Day: 28
- Reported Pain Scale Range (out of 10): 2 - 3
- Pain Scale at the beginning (out of 10): 3
- Pain Scale at the last (out of 10): 3
- Pain Trend: No Change

Pain is recorded on VNRS (verbal numeric rating scale), with 0 being no pain and 10 being excruciating pain.

Pain Scale: no pain - 0 | mild pain - 1 to 3 | moderate pain - 4 to 6 | significant pain - 7 to 8 | extreme pain - 9 to 10

4. Reported Mood



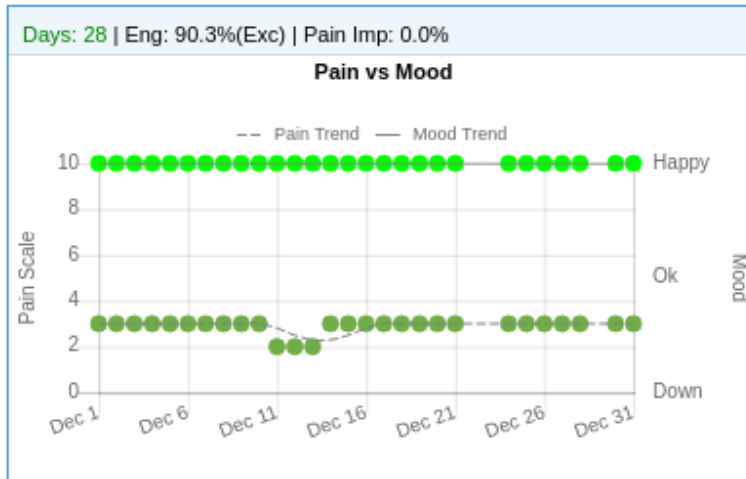
● Happy

- Total Reported Mood Days: 28
- Reported Mood Range (reported): Happy
- Mood Reported at the beginning (reported): Happy
- Mood Reported at the last (reported): Happy
- Mood Trend: No Change



5. Correlations

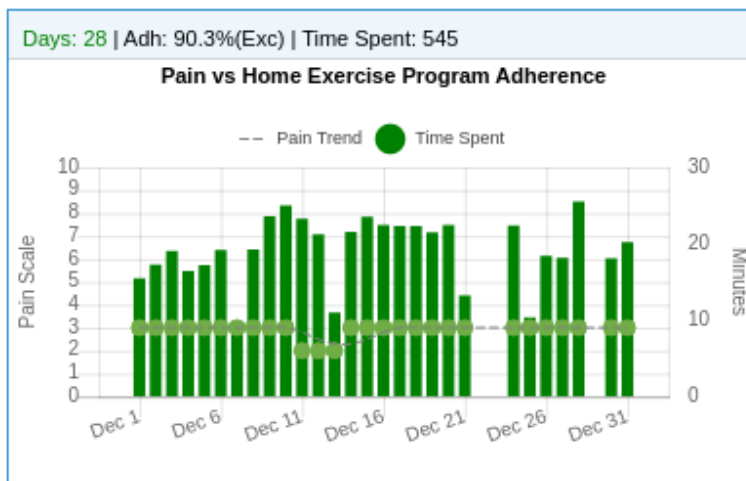
5.A. Pain vs Mood



● Mild ● Happy

- Pain Trend: No Change
- Pain Improvement: 0.0%
- Mood Trend: No Change

5.B. Pain vs Home Exercise Program Adherence

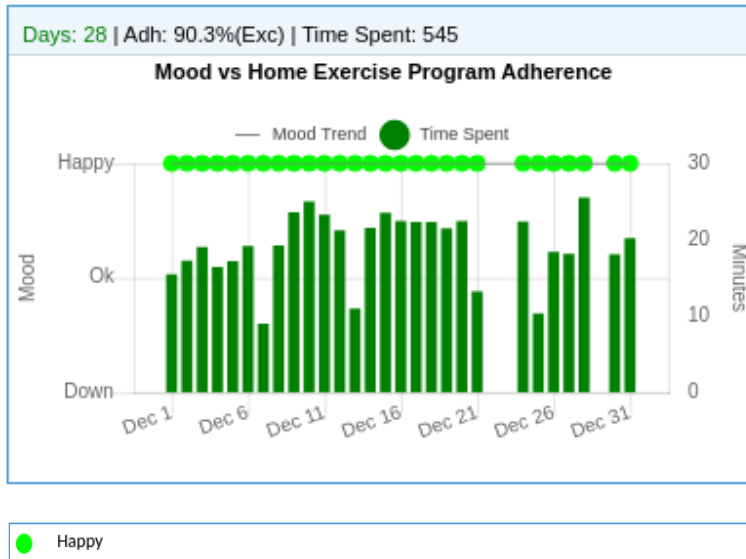


● Mild

- Pain Trend: No Change
- Home Exercise Program Adherence: 90.3%
- Home Exercise Program Time Spent (minutes): 545



5.C. Mood vs Home Exercise Program Adherence



- Mood Trend: No Change
- Home Exercise Program Adherence: 90.3%
- Home Exercise Program Time Spent (minutes): 545

6. Injured Worker Psycho-Social Archetypes

- **Motivation & Support Persona:** High Motivation, High Support (highly motivated to take action on their recovery and the social support to keep them motivated)
- **Behavior Psychogenic Archetype:** Agreeable (people pleasers, thriving through the relationships they make and guidance of others)

ABBREVIATIONS:

- Adh – Adherence
- Eng – Engagement
- Exc – Excellent
- HEP – Home exercise program
- Imp – Improvement
- Mod – Moderate
- ROM – Range of motion
- +ve – Positive
- -ve – Negative
- IW – Injured worker

RECUPE COACH COMMUNICATIONS:

Total Interventions: 6



Interim Progress Report

Charlie Brown, Reporting Period: 12/01/2024 - 12/31/2024

DATE	NOTE
December 30, 2024	The Recupe Coach (RC) sent an IN-APP notification to encourage Mr. Brown to actively participate in the Recupe program, promote motivation, engagement, and remind them to register information on the app. Coaching Interventions: Positive reinforcement and accountability: The Recupe coach acknowledged and celebrated the injured worker's successes, building confidence and promoting long-term adherence to new habits.
December 20, 2024	The Recupe Coach (RC) has sent a follow-up, supportive SMS to Mr. Brown for updates and or assistance they may require to encourage participation and engagement. Responded he is good. Coaching Interventions: Positive reinforcement and accountability: The Recupe coach acknowledged and celebrated the injured worker's successes, building confidence and promoting long-term adherence to new habits.
December 10, 2024	The Recupe Coach (RC) has sent an attempt SMS notification to Mr. Brown to promote engagement and offer assistance if necessary, waiting for response or reply if so.
December 09, 2024	Mr. Brown called in RC was on a call and could not take the incoming, later called back and went to voicemail followed up with a text offering to follow up waiting for reply.
December 05, 2024	The Recupe Coach (RC) has contacted Mr. Brown for a check-in and reports he is recovering the area presents persistent swelling, although it has reduced is still present he feels therapy is working and is consistent with the Recupe app RC recognized his efforts, he has next session on 11/11 where PT will add Weights to his therapy plan Coaching Interventions: Self-monitoring: The Recupe coach guided the injured worker in tracking behaviors and progress, creating awareness and a sense of accomplishment. Action planning: The Recupe coach collaborated with the injured worker to develop a step-by-step plan to achieve set goals. Positive reinforcement and accountability: The Recupe coach acknowledged and celebrated the injured worker's successes, building confidence and promoting long-term adherence to new habits. Motivational interviewing: The Recupe coach helped the injured worker explore their desires and uncover the "why" behind their goals.



Recupe™ Interim Progress Report

Charlie Brown, Reporting Period: 12/01/2024 - 12/31/2024

CONCLUSION:

Recupe Care Team will continue to provide interim progress report updates until Mr. Brown has successfully completed his at-home exercise recovery care program utilizing Recupe by Plethy.

Please feel free to reach out to us with clarifying questions regarding this report.

Sincerely,
Recupe Care Team
Plethy, Inc.
(669) 288-6588
accounting@plethy.com