

# Ready Rebound



*SERVING FIRST RESPONDERS  
AND THEIR FAMILIES*

Ready Rebound

## A Platform Focused On Shared Success

### Member:

- Quality of Life
- Dedicated Service
- First Class Care
- Peace of Mind
- Career Satisfaction
- Work Performance

## Ready Rebound Elite Sports Healthcare

### Finance & Administration:

- Overtime
- Insurance
- Medical Savings

### Department Leadership:

- Team Member Care
- Team Safety
- Team Health

### Human Resources:

- Health & Wellness
- Retention & Recruiting
- Satisfaction

### Risk Management:

- Lost Days
- Claims Expense
- Litigation



Ready Rebound

## Recover: Luis Rivera



Luis Rivera, Founder  
Ready Rebound



**"I started Ready Rebound because we wanted to get people back to their jobs as quickly as possible, to their families as quickly as possible and back to their lives as quick as possible."**

Ready Rebound  
**Proven Success**

**285+**

**Active Clients**

**12**

**States Served**

**95+**

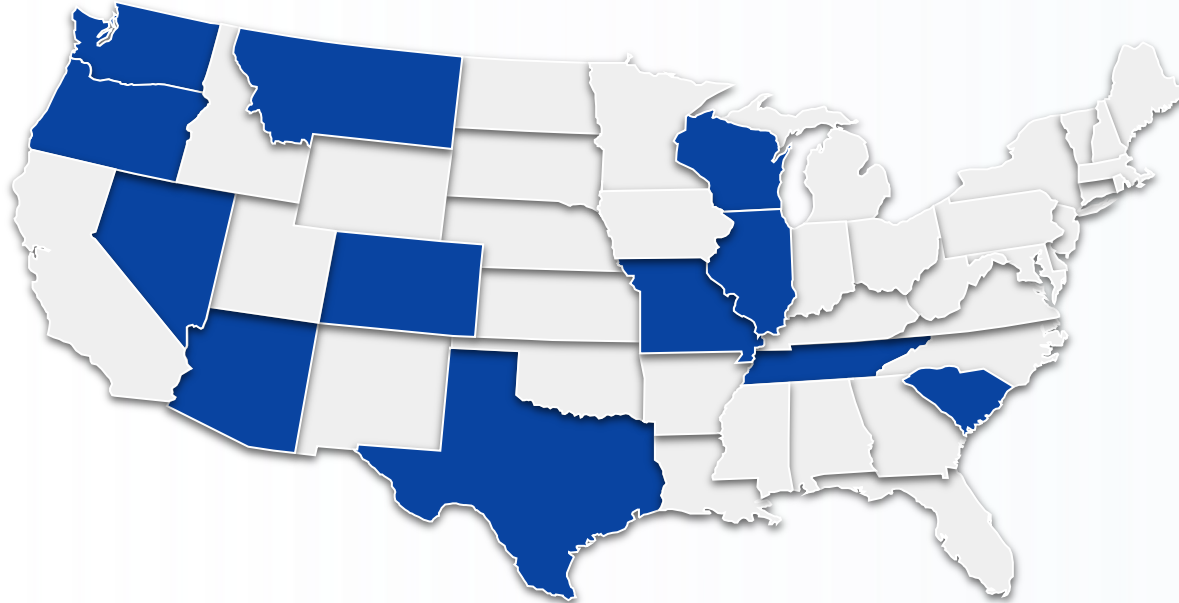
**Net Promoter Score**

**58,000**

**Members + Families**

**98%**

**Client Retention**



## The Cost

**These personnel injuries cost municipalities and employers thousands, and sometimes millions, of dollars per year in backfill overtime, indemnity, medical spend and higher insurance premiums.**



RECOVER



Ready Rebound

## Healthcare Navigation

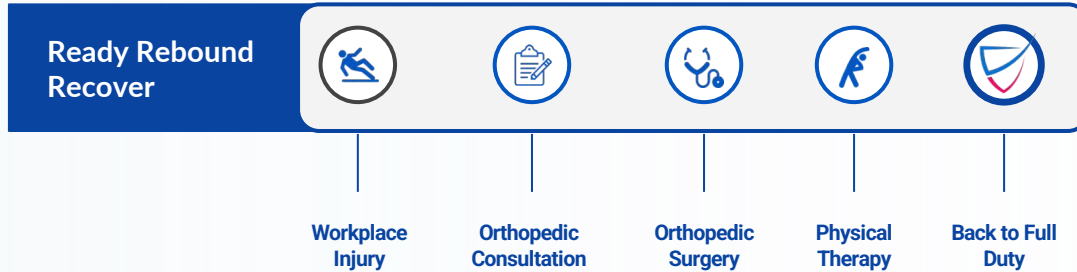
**Pro athletes get specialized high-level of quality orthopedic care. We believe the same **expedited, quality care** should be available to our local heroes.**



# Ready Rebound

## Recover: Member Journey

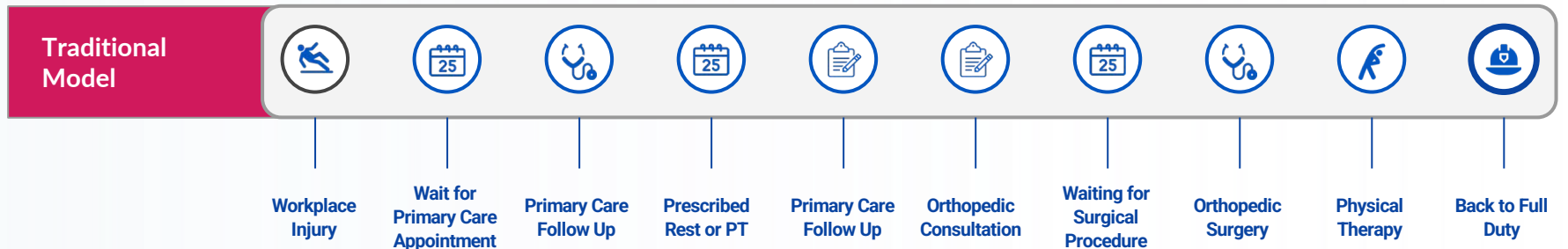
6 Months



### Recovery up to 12-Weeks Faster

Ready Rebound expedited, concierge model eliminates unnecessary waiting periods and ensures members are seen by the right specialist, right away.

9 Months





Ready Rebound  
**Who We Serve**

We take great pride in establishing **trustworthy, transparent** and **mutually beneficial partnerships** with **municipalities, insurance companies, healthcare providers** and our **members.**

**Fire  
Departments**



**Emergency  
Medical Services**



**Law  
Enforcement**



**Department of  
Public Works**



Ready Rebound

## Recover: Who is Covered

**Family Members**

**Member  
Off Duty Injuries**

**Admin Staff**

**Retired Members**





# Provider Network

**Network:** We have **950+** providers in our network

**Access:** Our providers commit to giving each of our members the VIP experience that all professional athletes receive. This includes priority scheduling and collaborative communication.

**Training:** Our doctors and therapists gain insight into our members' physically demanding jobs through hands-on training and continuing education.



## Proven Process Drives Benefits

### Benefit Statement Summary

- Backfill (Overtime)
- Lost Time (Indemnity)
- Off Duty Injuries (Overtime)
- Retention of Staff
- Recruiting/Training
- Legal Expenses
- Claims Experience
- Mental Well Being
- Family Well Being
- Administrative Burden
- Safety

Municipality	Total Member Count	2022 Members Serviced	Number of Days Saved	2022 Overtime Cost Saving
Milwaukee Fire	836	110	3,071	\$1,362,207
Pierce County Sheriff Dept	614	62	944	\$428,225
Tacoma Fire & Rescue	430	59	1,167	\$700,200
Spokane Fire	310	65	1,165	\$532,571
Memphis Fire & DPW	2450	123	2,238	\$874,008

# Ready Rebound

## Recover: Client Dashboard

### Memphis Fire Savings Estimation

View another municipality

Year to Date

#### My Advocate



Erin Donahue  
edonahue@readyrebound.com

#### Total Number of Courtesy Cases

6

**Total Number of Cases**  
85 On duty | 25 Off duty

110

**Number of Wait Days Saved**  
Combined days saved from all interventions

2197

**Total Overtime Savings Estimate** <sup>Ⓢ</sup>  
Estimated cost per backfill/OT shift \$1089

\$854,476.07

#### Total Cases to MD

104

Rebound Total Days to Initial MD for all cases	291
Rebound Average number of days to initial MD	3
Typical days to initial MD per case	14
Typical total days to initial MD for all cases	1456
<b>Total days saved to initial MD visit</b>	<b>1165</b>

#### Total Cases to MRI

48

Rebound Total Days to MRI	329
Rebound Average number of days to MRI	7
Typical days to MRI per case	14
Typical total days to MRI for all cases	672
<b>Total days saved to MRI</b>	<b>343</b>

#### Total Cases to Physical Therapy

53

Rebound Total Days to PT for all cases	390
Rebound Average number of days to PT	7
Typical days to PT per case	14
Typical total days to PT for all cases	742
<b>Total days saved to Physical Therapy</b>	<b>352</b>

#### Total Cases to Surgery

12

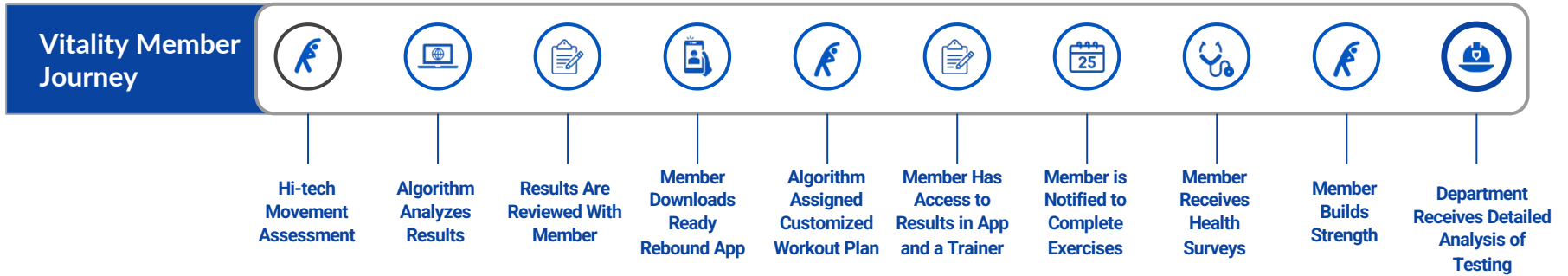
Rebound Total Days to Surgery	383
Rebound Average number of days to surgery	32
Typical days to surgery per case	60
Typical total days to surgery for all cases	720
<b>Total days saved to Surgery</b>	<b>337</b>



# VITALITY



# Vitality: Member Journey



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# Vitality: Member App



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Program

**GROUP A START**

MAIN PHASES

**A - Phase 2**

4 week (31 Oct 2022 - 27 Nov 2022)

On-demand workouts ☰

- A - Phase 2 - Superset Workout #1  
est. 25 minutes | 8 exercises
- A - Phase 2 - Superset Workout #2  
est. 27 minutes | 8 exercises
- A - Phase 2 - Video Workout #1  
25 minutes
- A - Phase 2 - Video Workout #2  
24 minutes

[SHOW LESS](#)

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Calendar 📅 🔄

**Monday** 24 Oct

- A - Phase 1 - Superset Workout #1 🏋️  
Complete your scheduled workout.

**Tuesday** 25 Oct

**Wednesday** 26 Oct

- 9 - 9:30 AM 30 min Vitality App Wal... 👤  
Logan Cobb

**Thursday** 27 Oct

- A - Phase 1 - Superset Workout #2 🏋️  
Complete your scheduled workout.
- A - Phase 1 - Superset Workout #1 🏋️  
Completed. 📶 6/10 🗨️ 1
- Take Progress Photos 👤

**Friday** 28 Oct

**Saturday** 29 Oct

**Sunday** 30 Oct



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## Vitality: Designed for Results

**Fewer  
Injuries**

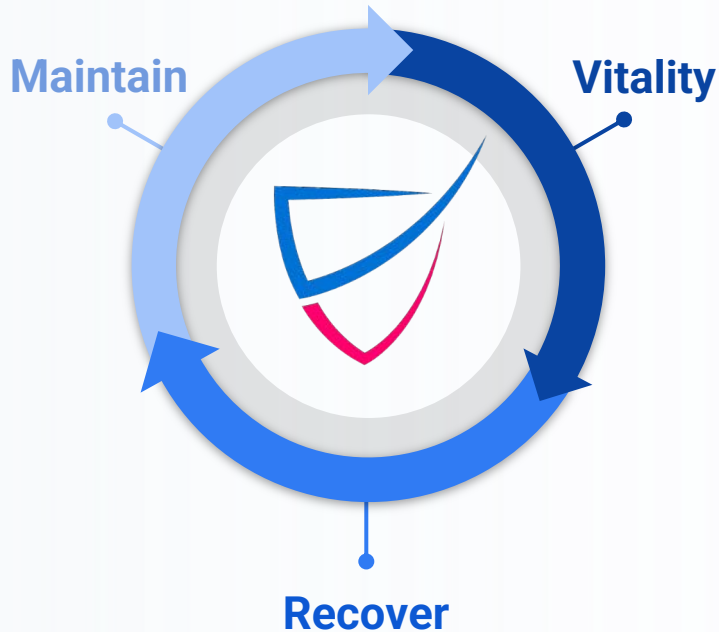
**Healthier  
Team**

**Reduced  
Costs**



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## Health & Wellness Lifecycle



**Vitality** | Proprietary evaluation and screening tools:

- **Assess** baseline health and wellness measures on a defined interval based across care domains
- Empower Members with **preventive** care routines that support continued health and wellness maintenance

**Recover** | Concierge inspired sports medicine principles:

- Rapid **triage** of Member health vulnerability by leveraging clinical expertise
- Timely **diagnosis** through wide availability of and access to the *right* providers
- Durable **treatment** outcomes delivered by highly qualified care providers

**Maintain** | High-touch Member advocacy and wellness:

- Engaged in Side x Side advocacy throughout **recovery** up to and through the “return to duty” status
- Connected with Member in preventive care via Ready Rebound **Vitality App**



Questions?