

# Bones deserve better

It's time for a revolution in musculoskeletal care



## There's a missing step in many wellness journeys

Sleep, nutrition, metabolism, biomarkers: Smart wellness seekers never stop optimizing them. But too often, musculoskeletal health is a "someday" priority — until a fracture forces it into focus.

Bones and muscles are fundamental to lasting strength, mobility, and independence. They deserve more proactive care.

## When bones are at risk, today's options fall short

Most have one thing in common: They treat problems instead of preventing them, often with constant, uncomfortable side effects. Wellness seekers need better options, and need them earlier — before their bones are already at risk.

## Preventable risks can grow for decades

Bone loss can start decades before most people are screened for osteoporosis. It's time for a proactive way to protect the body's foundation.

For many, osteoporosis starts here.

For most, screening starts here.

TEENS

20s

30s

40s

50s

60s

70s

80s

44MM

Americans are living with low bone mass.

10MM

Americans have already developed osteoporosis.

50%

of American women will suffer an osteoporosis-related fracture in their lifetime.

But now, there's a way to optimize bone health at any age.

- Preventative
- Personalized
- Drug-free
- Measurable results



# Bioactivated bone health

It's a revolutionary solution to today's reactive, wait-and-see care options: A comprehensive, personalized, measurable approach to maximizing musculoskeletal health, powered by the body's own bone-building processes and activated by three world-class technologies.

1



## SCREEN

### EchoLight | REMS scanning platform

Pinpoint specific, individual risks and personalize a care plan with safe, bone-friendly ultrasound assessment — and without the radiation exposure of a DEXA scan.

2



## SENSITIZE

### Power Plate | Whole-body vibration (WBV)

Activate muscles, trigger key biologic signals, and prime the body for strengthening, all with a legendary WBV technology proven to put the body in bone-building mode.

3



## STRENGTHEN

### bioDensity | Osteogenic loading system

Deliver safe, high-intensity stimulus straight to the body's bone growth mechanisms. Then see the results in a clear, measurable progress report after every session.



## Three proven steps. One total solution.

Bone health deserves a revolution, and Power Plate Healthcare is where it begins. Backed by rigorous science and designed by human performance experts, bioactivation sets a new standard for optimizing the body's foundation.

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# The Power Plate Healthcare Experience

A lifetime of strength in 20 minutes a week

It's time to take bone health beyond reactive screening and treatment. Power Plate Healthcare solution is a preventative and personalized path to optimizing the body's foundation — one that delivers measurable results after every weekly session.



## What's included in the BioActivation cycle



YEARLY SCREENING

### EchoLight REMS scanning

A 100% radiation-free ultrasound assessment to pinpoint specific bone health risks.



WEEKLY SESSIONS

### Power Plate

Legendary whole-body vibration proven to put the body in bone-building mode.



WEEKLY SESSIONS

### bioDensity

Osteogenic loading that directly activates the body's bone growth mechanisms.



### A year of strength

A regular 12-month rhythm designed to build lasting strength and stability.



### Customized plan

Initial radiation-free scan to identify exact fragility scores and needs.



### Quick weekly sessions

Efficient, high-impact clinical workflows designed for modern lives.



### Regular results

Personalized progress reports after every session, showing the cycle's impact.



### Annual progress check

Follow-up scans to quantify improvements and refine the care plan.



### More trusted care

Weekly visits to a provider who knows each member's healthspan goals.

**Three technologies. One total solution.**

Preventative  Personalized  Drug-free  Measurable results



## Targeted impact. Total convenience.

Designed to make bone health possible for anyone, Power Plate Healthcare program fits seamlessly into busy schedules and active wellness journeys.



WEEK 1

### INITIAL BONE SCAN to target bone health risks & needs

Establish a personalized baseline with an initial EchoLight REMS scan, pinpointing specific bone health risks and identifying exactly where each weekly session should focus.



WEEKS 2-51

### WEEKLY STRENGTHENING with personalized reports every time



Consistency is the key to optimizing musculoskeletal health. Members spend just 20 minutes in the clinic each week:

- **Whole-body vibration (5 minutes):**  
The Power Plate platform activates muscles, triggers bone-formation processes, and boosts safety-enhancing balance.
- **Osteogenic loading (15 minutes):**  
The bioDensity system delivers safe, high-intensity stimulus that directly activates bone-building processes, then shows the results in a clear, data-driven report.



WEEK 52

### ANNUAL REASSESSMENT\* to measure progress & refine the care plan

At the end of each 12-month plan, patients complete a follow-up scan to measure structural progress and update their plan for the year ahead.

*\*Or as often as needed. EchoLight is radiation-free.*

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