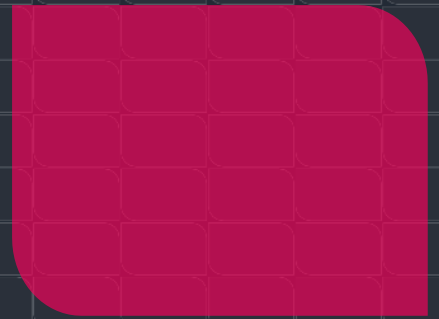


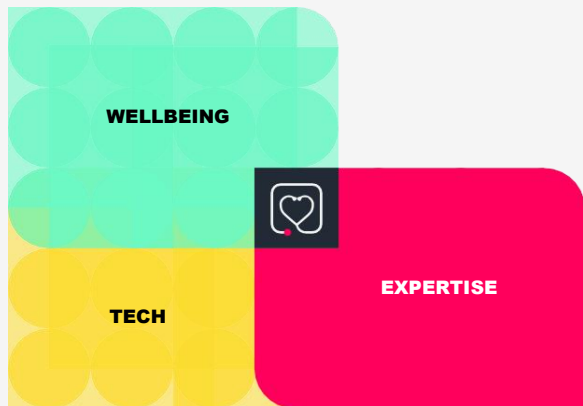


Your Health | Your Choice | Your Control





About DocHQ



DocHQ, your wellbeing partner.

Founded in 2018 with the aim to revolutionise healthcare.

Vision

Our vision for healthcare is one that is driven by information, powered by technology, and accessible to everyone.

Mission

We are building a people centred, high-quality, integrated healthcare network using technology to access personalised medical answers and solutions to improve health and wellbeing.



The DocHQ Way

Blending digital ease with expert insight.

DocHQ is a hub of wellness expertise. It's here to help you make the best, healthiest choices for you, and to give you all the advice, encouragement and support you need. From online Physiotherapist expert care, to nutritional advice, right through to access to online doctors, DocHQ is your wellbeing partner.

More about us

300,000+

Customers

98%+

Satisfaction score

100+

Partners

2750+

Clinicians



Trusted by global brands since 2018 and run by an experienced team of wellbeing professionals

About Us



Medical Lead



Occupational Health Lead



Fitness Lead



Physio Lead

“Great service! – Great service. Quick and easy to book. Results received before the telecall had ended. Highly recommend!”



Rated 4.8 / 5 | 13,482 reviews





What we do

63% of companies offering wellness programs report improved financial sustainability and increased growth.

Engage and retain employees and customers with our flexible health and wellness solutions.

PHYSIO

Expert physiotherapists, online appointments, individual assessments, tailored treatment plans, real-time motion tracking and feedback

FITNESS

Expert Level 3 coaches, customised plans backed by cutting-edge AI technology giving real-time feedback.

HEALTH CHECKS

Wide range of at-home, at-office and in-clinic wellness tests provided across the UK and the EU

NUTRITION

Bringing Eastern and Western thoughts to deliver nutrition as part of solution for healthier living



DocHQ

DocHQ Physio

Recent pandemic and working from home resulted in people being more open to digital health



Disrupting Physiotherapy using Machine Learning

Three key concerns with Physiotherapy issues:

- **Increased NHS wait times**
- **Insurers under cost pressure paying lot less**
- **No new tech to help prevention or speedy recovery**

Increase in 'Work From Home' means employers have to find new ways to engage employees and deal with new MSDs associated with WFH.

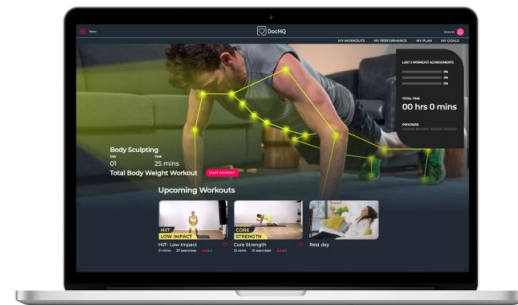
Employee workstation posture, fitness and ability to disengage from work are just a few of the new key employee health issues.

DocHQ Physio can help diagnose remotely and give exercises for specific issues.

The machine learning helps reduce frequency of Physio intervention, helping reduce cost of service and recovery times.

Available for B2B2C and B2C customers.

No device needed other than a normal device camera





Peer and Partner Research in AI-assisted healthcare demonstrates:

Clinical Outcomes

*75% patients do not follow their advice and rehab**

*<https://raccoon.world/blog/why-patients-dont-do-their-exercises-and-how-to-help-them-complete-their-treatment/>

**[Assisted Health Program on Workers with Neck/Shoulder Pain/Stiffness and Low Back Pain](#)

***[Evaluation of the Effect of Patient Education and Strengthening Exercise Therapy Using a Mobile Messaging App on Work Productivity in Patients with Chronic Low Back Pain](#)

****[The efficacy of a telemedicine-based weight loss program with video conference health coaching support.](#)

92%

Adherence rate with **AI-assisted health program**, compared to **25%-30% using current process****

Significant improvement in symptoms of **low back pain** within

3 months

when using **mobile messaging app** for treating CLBP***

Clinically significant weight loss was achieved in

69.2%

of those using **telemedicine-based** weight loss program **versus 8%** in the control group****



Clinical Outcomes

We are working with leading institutions to identify ways to increase adherence rate and improve recovery times.

**Imperial College
London**



DocHQ x NIHR Study

Phase 1 - Product Testing and Enhancement (current)

- Stakeholder feedback on DocHQ Physio for patients waiting for operations.
- Feedback from patients, physios, surgeons and Doctors on DocHQ Physio as a solution to current physio challenges.

Phase 2 - Observational Study (Nov/Dec)

- Evaluate impact of DocHQ Physio on patient outcomes.
- Assess the clinical effectiveness, patient satisfaction and adherence.
- Compare costs and outcomes of DocHQ Physio versus standard care.
- Investigate factors affecting the adoption, integration and sustainability of DocHQ Physio in the healthcare system.

“As a researcher, I am really interested in the DocHQ Physio tool. I think it fills a gap in current physio care.”

*Prof Alison McGregor – Professor of
Musculoskeletal Biodynamics,
Imperial College London*

“The DocHQ Physio tool has the potential to greatly improve patient outcomes and provide unique insight into the recovery process from injury.”

*Dr Martin Warner – Associate Professor,
University of Southampton*



DocHQ Physio

Work-related MSK disorders while working from home rocketed from 1.4% to 37.7% due to shift to work from home.

Convenient, at-home consultations for a flexible, customer-focused approach

DocHQ Physio AI monitors patient progress and supports Physios to remotely change exercises, reducing cost of Physio and improving recovery time.

Benefits

Flexible appointments

UK-registered Chartered Physiotherapists

AI for real time exercise feedback and tracking

Lower cost compared to traditional setup

Faster recovery

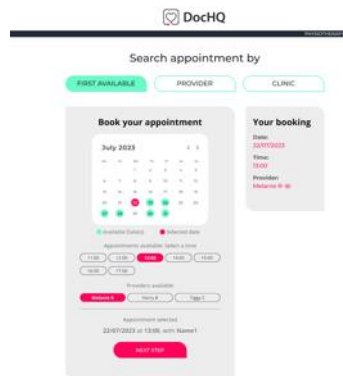




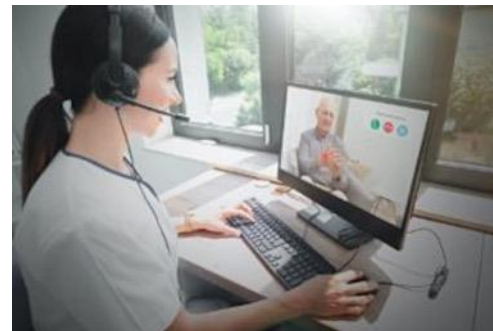
DocHQ Physio

All our physios are UK registered and Chartered Physiotherapists who also work with NHS

How it works



- Step 1: Fast and convenient appointment



- Step 2: Initial assessment with a Chartered Physiotherapist



- Step 3: Physio creates a personalised Treatment Plan. All exercises are guided by AI with a real-time feedback and data analysis

Continued...





DocHQ AI guides and supports patients and physios

DocHQ Physio

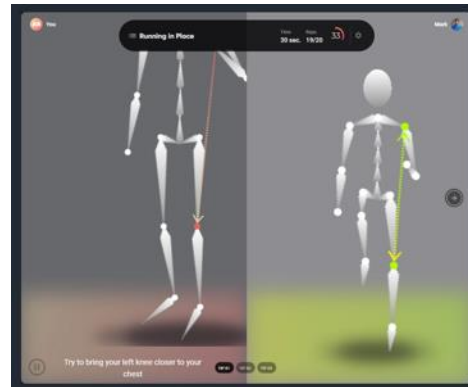
Over 1500 exercises available in the system helps physio support all the major physio disorders



- Step 4: Patient follows the plan from the comfort of their home

Users list			Search by email
Name	Plan Name	Progress	
Peter Barvost	Stretching programme following disc prolapse	●●●●●●●●	■
Helen Godley	Anterior knee pain R leg Advanced	●●●●●●●●	■
Ashley Tower	PF pain R knee (advanced)	●●●●●●●●	■
Patricia Wallis	Early OA hips - longer version	●●●●●●●●	■
John Gordon	Knee stretches R side	●●●●●●●●	■
Carol Chaplin	Short stretching exercise for shoulders	●●●●●●●●	■
Tony Green	Healthy spine	●●●●●●●●	■
Richard Caldwell	ACL rehabilitation subacute - 3 weeks	●●●●●●●●	■
Alexandra Cox	Stretching programme following disc prolapse	●●●●●●●●	■

- Step 6: Easy for physios to follow patient progress and communicate with them



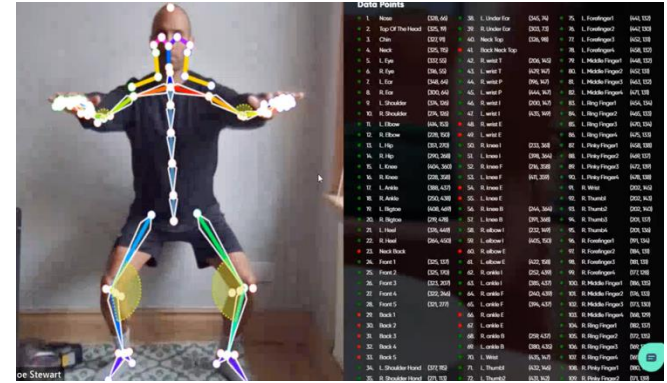
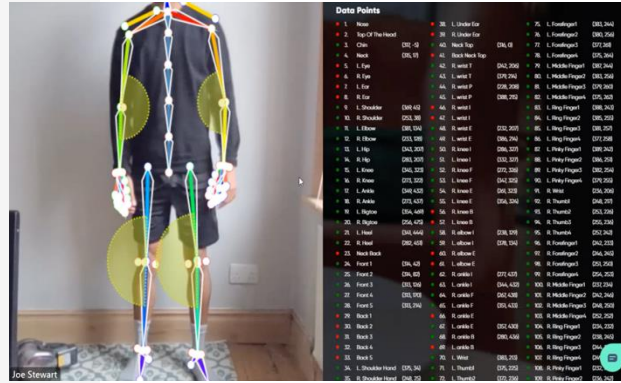
- Step 5: Physio team and AI monitor adherence, progress and range of movement, and physios update exercise plans regularly



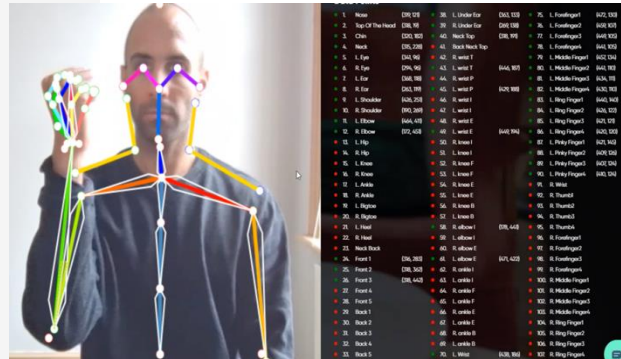


Our unique Computer Vision Technology helps deliver accurate and real-time feedback.

DocHQ Physio



Tracks 111 body points to deliver accurate, instant feedback



- 📱 Only need a device with a camera (laptop, tablet, smartphone)
- 📱 Physios see patient data tracking points to understand movement and progress, helping them to update treatment plans when needed - getting employees fit and back to work faster.



DocHQ Fitness

Workout anywhere, anytime with real-time AI feedback

Access to personal trainer at a click of a button - our AI and visual tech enable real-time feedback and goal focus.

Key Features

Access to personal trainer at a click of a button

Level 3 Personal Trainers

AI for real-time exercise feedback and tracking

Continuous support via chat and AI monitoring

Automatic difficulty level increments to set goal

Key Benefits

Improved fitness and mental focus

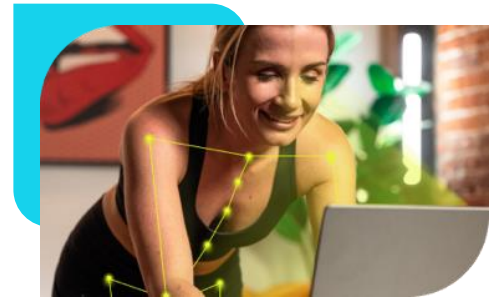
Reduction in sickness levels

Manage/reduce stress and low mood

Reduction in insurance premiums

Better team morale and purpose

Benefits both WFH and office workforce





DocHQ Wellness Testing

- Sickness, absence, presenteeism
- Stress and burnout
- Mental wellbeing
- Increasing medical costs

Our range of at-home and in-pharmacy health tests are designed to address current lifestyle concerns, family history, and health data





DocHQ Wellness Testing

- Unique test targeted for each customer's health needs
- Customers can make reasoned life decisions
- Reduce health risk with a proactive approach
- Invaluable, accurate picture of the health of your customers
- Demonstrate a long-term commitment to your customers

Data and need-based bespoke solutions

Key Features

Health testing: At-home testing kits fully managed remotely, and in-house testing managed by qualified healthcare professional with easily bookable appointment system.

Bespoke packages: Wide range of wellness test types. Tailored packages available across the UK and Europe.

Regulated Laboratory: Trusted UKAS registered labs to analyse samples.

Meaningful reporting: Receive reports where results and next steps can be clearly understood.

Medical support: Remote consultations with qualified medical professionals.

Range of Health test panels: Panels focus on General Wellness, Energy/Tiredness, Long-Term Health, Male and Female Hormonal Health, and the Heart - e.g. cholesterol, diabetes, iron, thyroid imbalance, sexual health. We bespoke our tests to meet the specific needs of an organisation.

Health trends: All testing and personal health information is completely confidential for the employee. Company reports share anonymised data and trends to help businesses reduce risk.





DocHQ Nutrition

In production

Brain Focus
Stress Management
Menopause Support
Thyroid Balance
Muscle Support

Our Supplement range was designed to address Long Covid and accompanying side effects



- Vitamin D3
- Chamomile
- Turmeric
- Lemon balm
- Coumarin
- Magnesium & Zinc

- Coumarin
- Turmeric
- Vitamins B5/B6/B12
- Panax Ginseng
- Guarana





DocHQ Capabilities

Seamless Onboarding and Management

- Dedicated Account Manager
- Bespoke reporting templates and seamless tech integration
- Bespoke solutions available across all our products
- Integrating our services to deliver an end-to-end solution





Contact us.

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@DocHQ



@DocHQ_Health



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