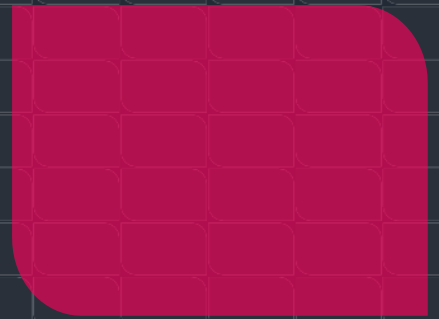




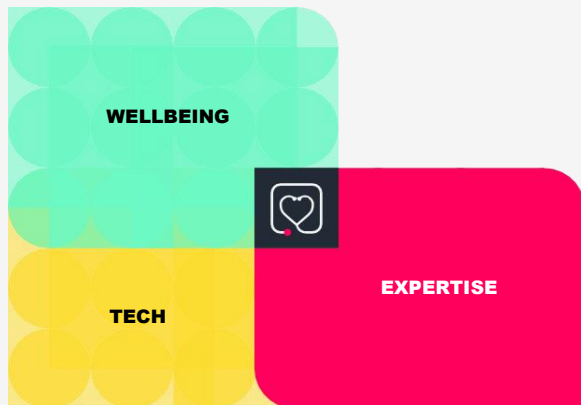
DocHQ

Your Health | Your Choice | Your Control





About DocHQ



DocHQ, your wellbeing partner.

Our Vision

To make healthcare accessible for everyone.

Our Mission

We are building best-in-class health tech platform which is a people centred, high-quality, integrated healthcare network to improve the health and wellbeing our consumers.

What we are doing now

DocHQ delivers a comprehensive health tech platform that seamlessly integrates advanced digital solutions, from AI-powered physiotherapy to personalised health checks, ensuring accessible, effective, and tailored healthcare.

Our services empower individuals to take proactive steps towards their health and wellbeing, leveraging cutting-edge technology to provide support that is both immediate and impactful, making informed healthcare decisions the norm rather than the exception.



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 Annual Wellness Testing, right through to access to online doctors – DocHQ is your wellbeing partner.

More about us

300,000+

Customers

98%+

Satisfaction score

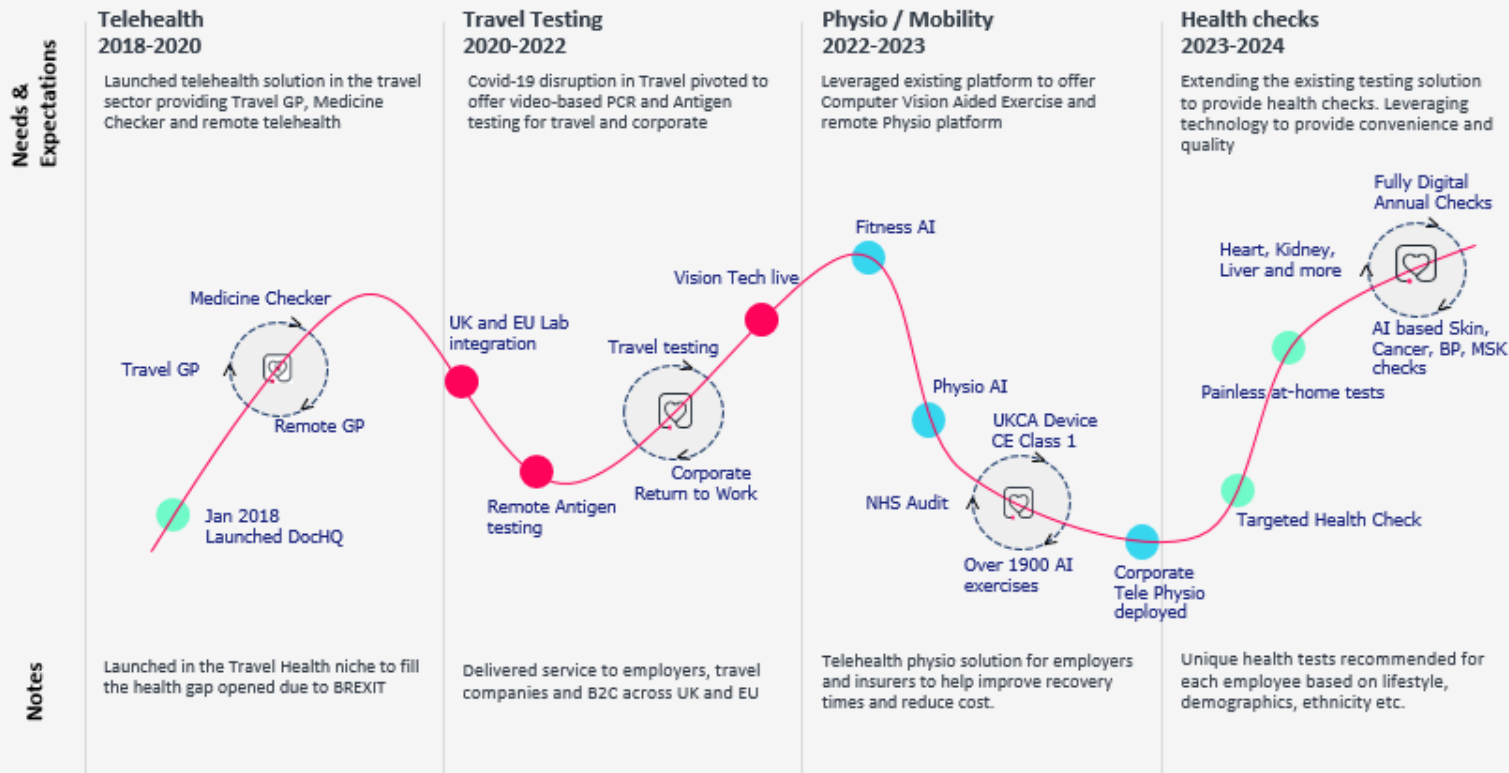
100+

Partners

2,750+

Clinicians

Product roadmap developed for employers





SERVICES OFFERED

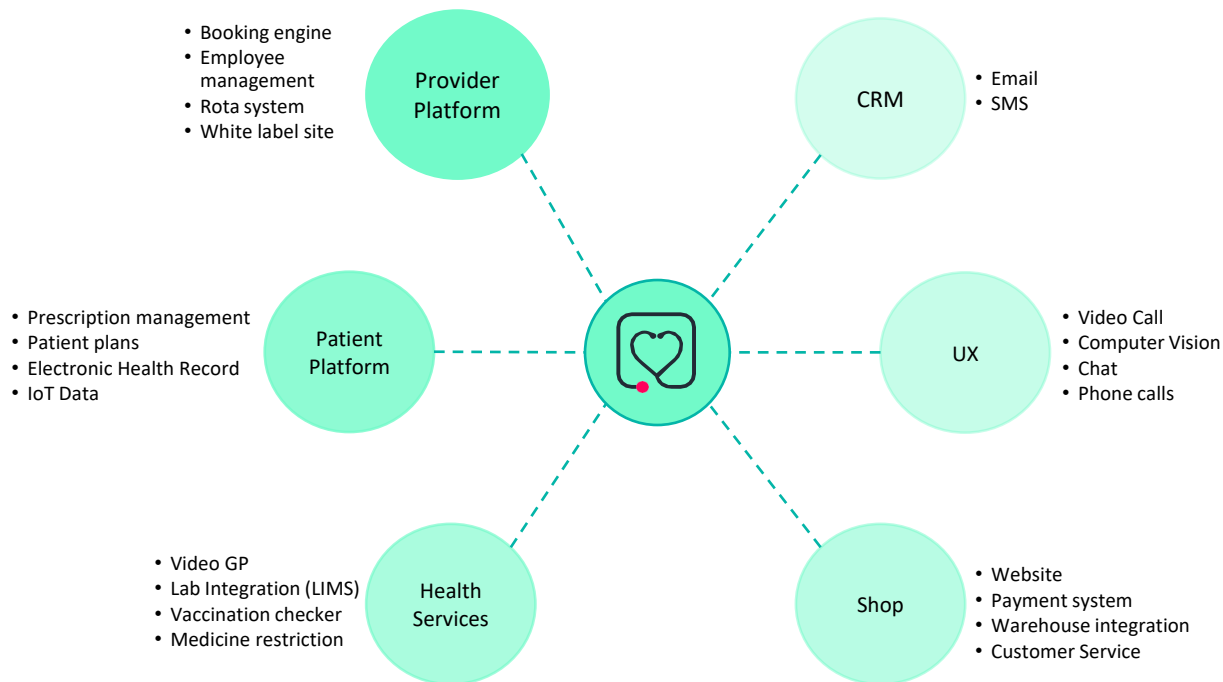
- Physiotherapy
- Personal Fitness Training
- Travel Health
- Medical Checks
- Supplements
- Health advice
- Health Concierge

PROVIDER PLATFORM

- Qualified Provider onboarding
- Secure health records
- Admin and planning
- Lab integration
- Patient management
- Audit and monitoring

DocHQ Solution

A platform built on a micro-service architecture to easily add new services to DocHQ suite of products and services or integrate with existing solutions





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

Proactive MSK care tailored to meet diverse workforce needs – from preventative exercise, to Physio treatment for MSK issues and injuries, to post-recovery maintenance of strength and mobility to prevent recurrence. The fully remote MSK solution integrates advanced AI technology with expert care from Chartered Physiotherapists and Level 3 Personal trainers to transform the health of employees and businesses.

FITNESS

HEALTH CHECKS

Bespoke and Annual Health Screening services offer the most comprehensive route to preventing workplace illness before it starts, boosting productivity and retaining a healthy, happy workforce.

MSK Concerns

1. Increased wait times

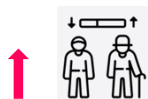


The average wait for a routine physiotherapy appointment is 45 days from referral, this goes up to 18 weeks in many NHS Trusts



Wait times more than 18 months for planned orthopaedic surgeries

2. Increasing cost pressures



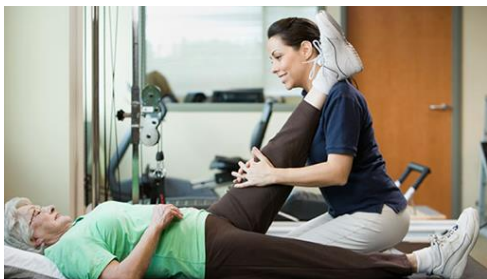
Aging population



27% WFH report MSK issues



52% insurance claims MSK issues



3. Service



Staff pressure: 15% of physiotherapy staff are leaving the NHS each year and almost half of them are leaving within the first five years of qualifying

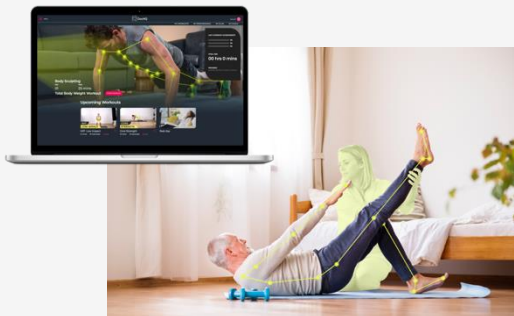


Low adherence rate with only 25%-50% people doing their prescribed exercise program



DocHQ Physio

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



Disrupting Physiotherapy using AI Machine Learning

1. Instant booking for fast remote Physio assessment



Instant access to Chartered Physiotherapists via DocHQ Physio online booking system

Physio can diagnose common MSK issues via remote assessment within 24-28 hours

2. AI reduces cost



AI machine learning reduces frequency of human intervention, lowering cost of service

3. Increased adherence = faster recovery



AI guides patient through rehab and tracks progress for Physios

>90% adherence rates leads to faster recovery



DocHQ Study and Clinical Trials

NIHR Grant – Engagement Study:

“Stakeholder and peer research to establish where DocHQ Physio technology can be used within the NHS”

Clinical Outcomes

DocHQ Physio is currently a Medical Device Class 1 – we are working toward Medical Device Class 2b in 2024

2023/24 – completed:

Phase 1

- Engaged with over 50 stakeholders, including doctors, physios, researchers and patients
- Obtained feedback on usability of DocHQ Physio and how it can support current patient challenges compared to traditional physio service

2024/25 – underway:

Phase 2

- Research and Clinical Trials around pre-/post surgery for total knee replacement, working alongside Imperial College and RNOH
- Patient and Public Involvement Groups – to understand use for patient within NHS

Clinical Partners



Feedback from Phase 1 Engagement Study



Increased
Adherence Rate

Effectiveness ↑
Clinical Partners



Fewer follow up
appointments
needed

Cost ↓

Phase 1



Improved health
equity

Effectiveness ↑



Reduce waitlist as
patients get faster
access and physios
can support more
patients

Cost ↓



Improved
outcomes

Effectiveness ↑



DocHQ MSK Solution

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

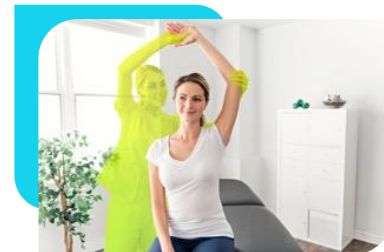
Prevention – Treatment – Maintenance

DocHQ Physio offers proactive MSK care – from **preventative exercise**, to **physio treatment** for MSK issues and injuries, to **post-recovery maintenance** of strength and mobility to prevent injury recurrence.

Integrating **advanced AI technology** with expert care from **Chartered Physiotherapists**, we transform the health and productivity of workforces and business.

Key Outcomes:

- Lower insurance premiums and claims costs
- Reduced staff absenteeism and presenteeism
- Enhanced staff recruitment and retention thanks to unparalleled MSK healthcare benefit
- Serve need of remote, office and multi-site staff
- Data enables tracking of workforce health trends to drive wellbeing strategy
- Demonstrates dedication to sustainable practices

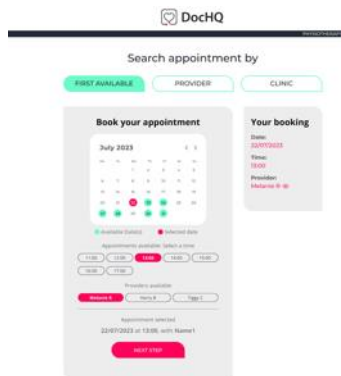




DocHQ Physio

All our physios are UK registered and Chartered Physiotherapists

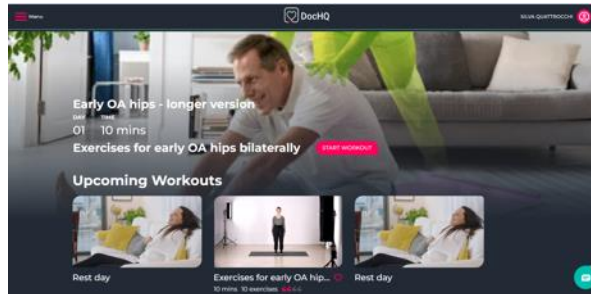
How does DocHQ Physio work?



■ **Step 1:** Book online – fast appointment within 24-48 hours



■ **Step 2:** Initial virtual 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

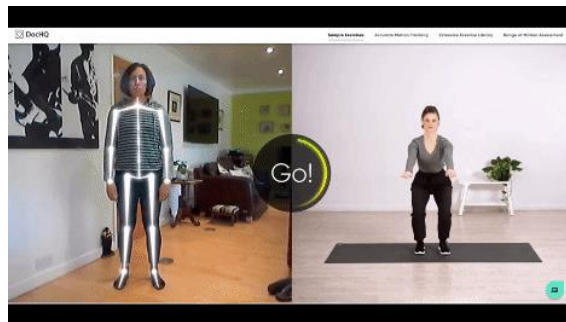




DocHQ AI guides and supports patients and physios

DocHQ Physio

Over 1,500 exercises available in the system to help Physio support all major MSK disorders

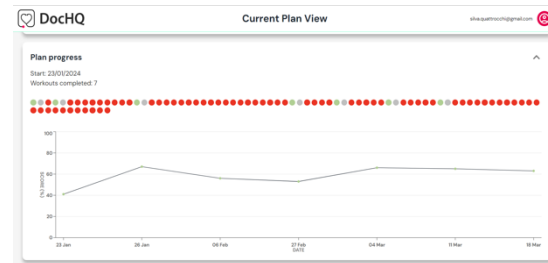


■ **Step 4:** Patient follows treatment plan from the comfort of their home



■ **Step 5:** Physio team and AI monitor adherence, progress and range of movement, so physios can update exercise plans when needed

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

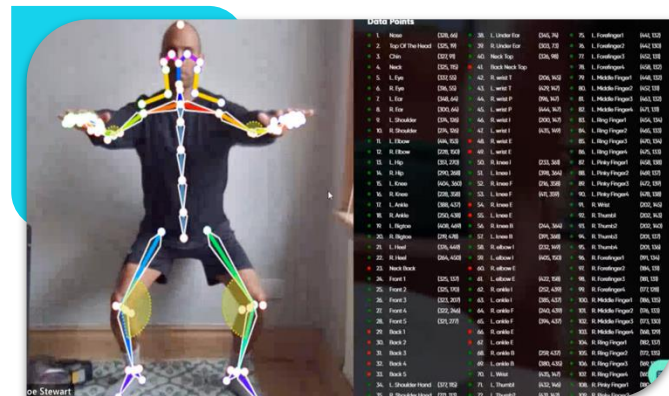
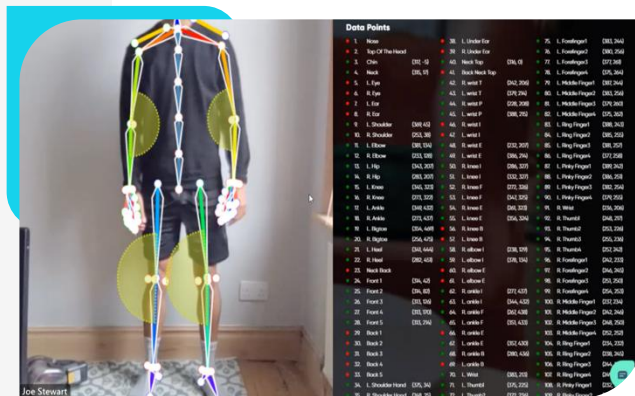


■ **Step 6:** Easy for physios to follow patient progress and communicate with them

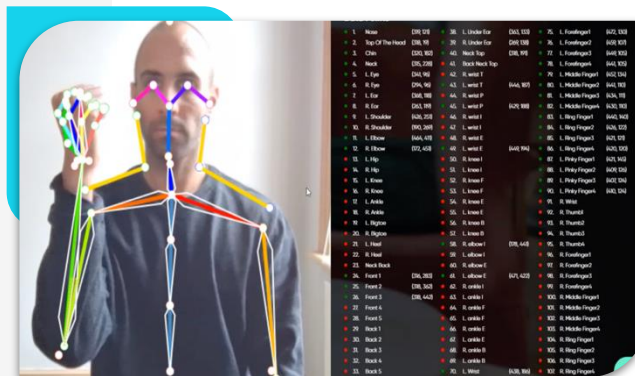


Unique Computer Vision Technology delivers accurate real-time feedback on movement

DocHQ Physio



AI tracks 111 body points to deliver accurate, instant corrective feedback to user



- 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 MSK Solution

What makes our MSK solution different?

We offer full end-to-end MSK service combining physio treatment with preventative and post-recovery care through DocHQ Fitness, leveraging expertise from Level 3 Personal Trainers

Convenience and cost-efficiency: Fully remote service, fits seamlessly into organisation and budget.

Instant access to Professionals: Secure an initial consultation or follow-up appointment with a Chartered Physiotherapist or Level 3 Coach within 24-48 hours.

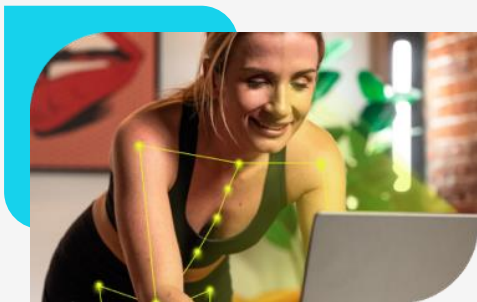
Comprehensive care, anywhere: Engage in consultations and follow-up appointments via remote video setting. Bespoke treatment plans are delivered online and accessible from any location, at any time. User just needs a smart device or laptop, and one metre distance from the camera to perform their exercises.

AI Computer Vision Technology: We use advanced motion tracking technology to monitor the user's movements as they perform their rehab exercises, monitoring range of motion and movement quality. Users receive live visual and audio corrective feedback as they perform the video-guided exercises, to optimise movement efficiency for faster recovery.

Dynamic, responsive care plans: Unique AI technology seamlessly combines with human care. Physios remotely monitor the user's progress and movement throughout their treatment plan, progressing exercises when needed to accelerate recovery and return to full fitness.

Pre-hab and Post-hab: Our expert team of Level 3 Personal Trainers ensure staff in good physical health stay that way, delivering exercise plans to mitigate common MSK issues in the workplace such as neck, back and shoulder pain. Following recovery from injury, our Coaches deliver personalised exercise plans specific to their issues, to prevent injury recurrence.

Insightful MSK health trends: Utilise anonymised data to monitor and understand employee health trends, aiding in proactive health management.





Our health screening programs prevent workplace illness before it starts, with medical grade, painless at-home testing

DocHQ Wellness Testing



Our screening programs address:

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





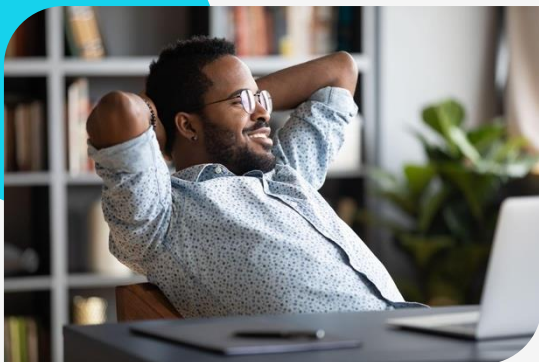
Wellness Testing Solutions

Bespoke employee health testing solutions

Our **Annual Wellness Checks** and **Bespoke Health Testing Programs** offer the most comprehensive route to preventing workplace illness before it starts, **proactively reducing health risks** of your team and business.

Key Outcomes

- Detect and avert health issues within your team before they escalate, safeguarding your workforce's wellbeing
- Reduce absenteeism and presenteeism, and boost productivity
- Attract and retain the best talent by offering compelling health benefits that matter
- Address the unique health needs of both your remote and office-based employees
- Lower health insurance premiums and claims costs, to protect your bottom line
- Leverage detailed workforce health insights to tailor strategic decisions, enabling you to customise benefits that fit your team's needs





Annual Wellness Checks



What makes our Annual Wellness Checks different?



Pain-free testing: We offer the latest in self sampling technology with the innovative TAP® II device, negating time-consuming and costly medical venous blood draws and ensuring convenience, comfort and accurate results.



Employee Health Quotient score: Our personal health scoring tool assesses mental, physical and lifestyle factors of each employee, offering an instant snapshot of their health. Employers can use this anonymised data to measure the success of their wellbeing strategies.



Latest AI Technology: Using leading-edge AI technology, employees can get an invaluable instant snapshot of skin disease and cancer risks. Additionally, we offer DocHQ Physio and Fitness services as part of our Annual Wellness Checks, offering personalised injury prevention and treatment plans for a healthier, happier workforce.

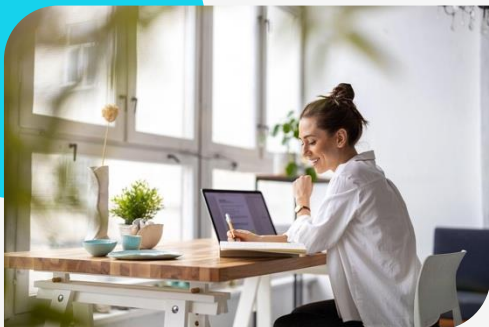


Annual Health Testing Panels

	Gold	Platinum	Diamond		Gold	Platinum	Diamond
Health Quotient Analysis	Yes	Yes	Yes	Skin Disease Check	Yes	Yes	Yes
Find your Health Quotient, your personal health score, combining physical, mental and lifestyle factors for a complete wellness snapshot				Empower your skin health with our AI-driven Skin Disease Check, analysing images to identify over 74 conditions for accurate, immediate insights			
Blood Pressure	Yes	Yes	Yes	Skin Cancer Risk	Yes	Yes	Yes
Vital measurements taken with zero contact using the colour change of skin and analysing through MHRA-approved AI tech				Stay ahead of skin cancer with our AI-powered analysis, offering precise risk assessments to safeguard your skin's future			
Heart Health	Yes	Yes	Yes	Blood Health	Yes	Yes	Yes
This blood test gives four key readings: Total Cholesterol, Triglycerides, LDL, HDL and Cholesterol Ratios				Get a comprehensive health overview with our Full Blood Count test, your essential step towards proactive wellness and disease prevention			
Diabetes Check	Yes	Yes	Yes	Prostate Cancer Risk	No	Yes	N/A*
Stay ahead of Type 2 diabetes and pre-diabetes with our HbA1c essential check, for comprehensive blood sugar monitoring and effective diabetes management				Assess your prostate cancer risk from the comfort of your home with our at-home antigen test, combining convenience with crucial early detection			
Cardiovascular and Stroke Assessment	Yes	Yes	Yes	Bowel Cancer Risk	No	Yes	N/A*
Personalised assessment, predicting your risk of developing cardiovascular disease over the next 10 years				Secure early insight into bowel cancer risk with our at-home antigen test, designed for privacy and early detection from the comfort of your home.			
Essential Vitamins	Yes	Yes	Yes	Prostate Cancer Test (M) / Menopause Check (F)	No	No	Yes
Understand your full health potential for optimal wellness and vitality with our tests for Vitamin B12, Folic Acid (Vitamin B9), and Vitamin D				Choose our Prostate Cancer Test for men or Menopause Check for women, for gender-specific health insights and peace of mind. A blood-based analysis for reliable and early detection.			
Kidney Function	Yes	Yes	Yes	Bowel Cancer Test	No	No	Yes
Guard your kidneys' health with our focused tests for Creatinine and eGFR (Creatinine), offering a clear picture of kidney function and early detection of kidney issues				Take charge of your health after 40 with our Faecal Immunochemical Test, specifically designed for non-invasive, early detection of bowel cancer			
Liver Function	Yes	Yes	Yes	Private GP Consultation	No	Yes	Yes
Enhance liver health insight with our Liver Test suite: ALT, Bilirubin, ALP and more, for a concise evaluation of liver function				Get clarity on your health concerns: Book a Private GP consultation to discuss your test results and plan your next steps under expert care			
Iron Check	Yes	Yes	Yes	Personal Trainer Consultation	No	Yes	Yes
Optimise your iron levels with our Iron Test, including Ferritin, for a quick snapshot of your body's iron storage and overall health				Transform your health with guidance: Book a Personal Trainer consultation to tailor a fitness plan that's as unique as your test results			
Inflammation Check	Yes	Yes	Yes	MSK Consultation	No	Yes	Yes
Detect early signs of inflammation with our HS CRP test, offering high sensitivity for your peace of mind and health monitoring.				Struggling with musculoskeletal issues? Complete our questionnaire and connect with our expert Physiotherapy Team for personalised care and support			
Stomach Health	Yes	Yes	Yes	* Lab-based advanced test includes more accurate cancer detection test			
Identify and address stomach health concerns with our <i>H. Pylori</i> test, pinpointing the bacteria that can cause ulcers and other gastric issues							



Bespoke Testing Programs



Why choose DocHQ Health Checks?

We offer bespoke health screening programs to serve organisations looking to meet the various **unique and individual needs** of their workforce, which may differ between and within departments and locations.

As standard, you can expect:

- TAP® II painless at-home blood sampling
- Customised testing options for every employee need
- Reliable reporting from UKAS accredited laboratories
- Paper-free results delivery
- Medically-verified reporting with GP guidance on next steps
- Invaluable employee health insights using anonymised data to impact wellbeing strategy
- Seamless tech integration

Bespoke Testing Programs



Bespoke health screening panels



- Cholesterol
- Digestion



- Essential vitamins
- Nutrition comprehensive
- Fatigue



- Struggling to lose weight
- Stress hormones
- Diabetes
- Thyroid



- MSK
- Bone strength



- Menopause
- Female hormone comprehensive
- Female fertility
- Female Polycystic Ovary Syndrome (PCOS)
- Male fertility
- Prostate cancer

Painless testing

- Bladeless device
- Pain-free blood collection
- Comparable to venous blood draw
- Low risk of haemolysis
- Low risk of contamination
- Comfortable, quick and easy to use
- No mess, can be used anywhere

How do we offer pain-free testing from home?

Most at-home health tests supply a finger-prick lancet for collecting the blood sample, which pierces the skin at the end of the finger so blood can be squeezed out.

Some people experience mild pain using this process, and it can result in sample contamination and inaccurate results.

To combat this, DocHQ also offers an innovative **TAP® II blood collection device**, which takes the sample from the upper arm and is completely painless. It also significantly reduces the chance of sample contamination and haemolysis.





DocHQ Capabilities

Seamless onboarding and management

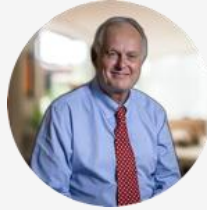
- Dedicated Account Manager
- Bespoke reporting templates and seamless tech integration
- Bespoke solutions available across all our products
- Integrating our services to deliver an end-to-end solution





Meet our experienced team of wellbeing professionals

Our team of experts



Medical Lead



Occupational
Health Lead



Fitness Lead



Physio Lead





Contact us.

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