

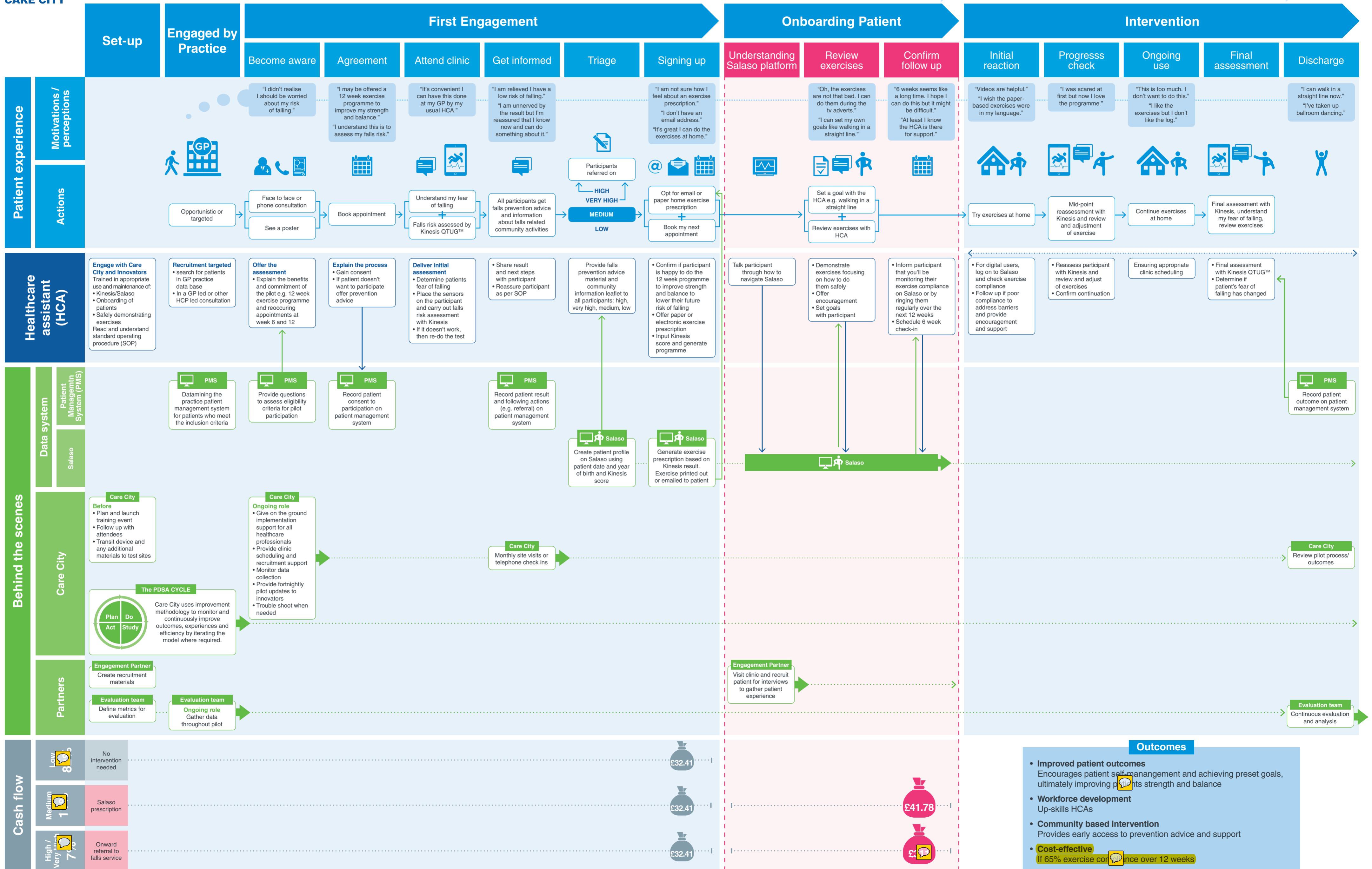


# Care City Innovation Test Bed Kinesis Blueprint

WEEK 1

WEEK 6

WEEK 12



### Outcomes

- Improved patient outcomes**  
Encourages patient self-management and achieving preset goals, ultimately improving patients strength and balance
- Workforce development**  
Up-skills HCAs
- Community based intervention**  
Provides early access to prevention advice and support
- Cost-effective**  
If 65% exercise compliance over 12 weeks