Vinys

VINYS FOR WORK

Back and joint pain is in every team.

Give every employee their own answer.

Adaptive movement therapy: a clinical engine builds each person's practice from their condition, their answers and their real movements, and adapts it to how they feel today. 20, 30 or 45 minutes, their choice. Programs by neuromuscular therapist Lee Albert, built with physiotherapists. Web, iPhone and Android. No sensor kit, no clinic, no appointment.

Built for your condition. Adapted to your day.

9 in 10 reported relief · **8 in 10** still practise at least once a week

What people report after practising this method, in the studio and in the app.



THE PROBLEM

Everyone hurts. Only a few get help.

15%

of employer medical spend goes to back, joint and muscle (MSK) conditions. 75% of employers rank MSK a top-two cost driver.

Kaiser Permanente

7.1M

working days lost to MSK in the UK in 2024/25; 511,000 workers affected. In the US: 500,000+ cases with days away from work a year, median 14 days.

HSE 2024/25 · US BLS

$575–1,195

per person who enrols is what clinical digital-MSK programs cost employers each year. Vinys costs $24 per employee per year, enrolled or not.

PHTI review 2024 · Sourcewell price list

Clinical programs with sensor kits and coaches serve the few who enrol. Everyone else keeps hurting at their desk, in the warehouse, in the car. Vinys is for them.

WHAT VINYS IS

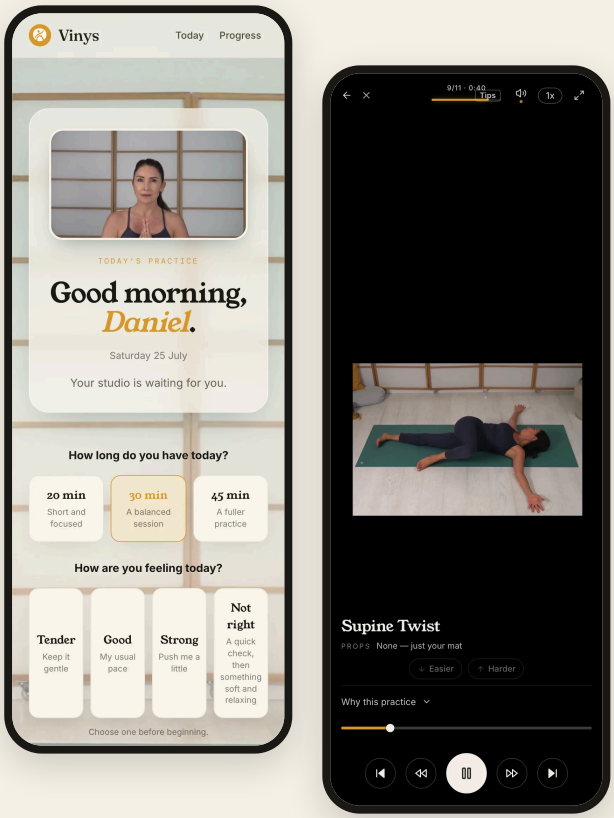
Lee Albert's clinical method, for every employee, at the price of a wellbeing app.

Built for the condition

Back, neck, shoulder, hip, knee, sciatica, menopause and dozens more. A few questions, then a practice built for that body in about 60 seconds.

Adapted to the day

20, 30 or 45 minutes, their choice. Easier or harder mid-session. Anything unsafe for that body is ruled out automatically: only movements cleared for that person's condition and limits.



Lee Albert, NMT



Neuromuscular therapist, 25+ years of clinical practice, creator of Integrated Positional Therapy, author and PBS host. The programs are his, built with physiotherapists, taught by a real teacher on video.

HOW IT WORKS FOR YOUR TEAM

Live in a week. One email from you.

1 **We set up your company page and code**

A co-branded entrance at vinys.app/with/yourcompany and an access code. No card, nothing to expense.

2 **You send one launch email**

We write it, plus a Slack post and a poster with a QR code. You press send.

3 **Each employee starts in about 5 minutes**

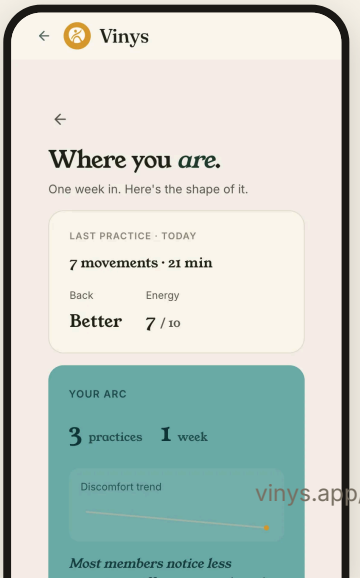
A few questions about their body and their day, then a short first practice of about 12 minutes. Web, iPhone or Android, at home or at the desk.

4 **You get a monthly report**

Who started, who practises weekly, which conditions, how people felt afterwards. Aggregated numbers only, never one person's answers.

What makes Vinys different

- Hundreds of filmed physiotherapy and yoga-therapy exercises
- No yoga experience needed
- Easier or harder at any moment: complete personalisation, not a fixed class
- A clinical engine builds each person's movement profile from a questionnaire and real movements: the closest thing to a physiotherapist and yoga therapist beside them
- Dozens of conditions, not one program for one diagnosis
- Explains why each movement was chosen
- Relief first, then strength, flexibility and lasting change



Vinys

HOW TO START

Start with a 90-day trial. Stop or continue at day 90.

Every rollout starts with a 90-day trial licence, month to month: company page, access code, launch kit and monthly report from day one. At day 90 you stop, or roll into the annual licence with the trial months credited.

LICENCE	PRICE	BEST FOR
Whole workforce	**$2** per employee per month	Every employee has access from day one. Minimum $500 per month. Trial months credited to the annual licence.
Team, self-serve	**$199** per month, up to 25 people	Smaller teams: start today by card, no contract, cancel any time.
Platforms and marketplaces	50% wholesale ($1 per employee per month), one simple model, redeemed by code.	

The maths for a 500-person workforce: about 15% of medical spend goes to back, joint and muscle pain; Vinys for all 500 employees is $12,000 a year. Retail price is $12.99 a month or $79.99 a year. Clinical digital-MSK programs cost employers $575 to $1,195 per person who enrols (PHTI, Sourcewell).

Email us for a 20-minute call

Vinys for Work · info@vinys.app · +1 (267) 855-4112

vinys.app/for-work

Vinys is made by Sanatosha, LLC