

## It's Time to Stand Tall

Stand Tall is a convenient, effective and fun balance improvement program that can help you to be stronger, stand taller, and have better balance. People who participate in the Stand Tall program say they are more independent and have greater confidence in their balance.



It's SO easy.

Simply stand in front of a Stand Tall kiosk and you will be lead through a series of exercises personalized specifically for you. A camera will capture your movements on screen so you can see what you're doing. VERA™, your on-screen coach will guide and motivate you to improve your balance together....at your pace.



## The Company Behind Stand Tall

Reflexion Health is a digital healthcare company based in sunny San Diego that is dedicated to transforming traditional medicine and improving clinical outcomes by delivering personalized care like the Stand Tall Fall Prevention Program.



Ask your activities director or wellness coordinator if the Stand Tall Fall Prevention Program is right for you!

## Maintain Your Balance & Enhance Your Independence



Introducing the Stand Tall™  
Fall Prevention Program

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## Research shows balance can improve at any age

Did you know that every 11 seconds, an older adult is treated in the emergency room for a fall? It's unbelievable in this day and age but the dangers of falling affect 1 in 3 people over the age of 65\*.



## Stand Tall Is Your Solution!

Introducing the Stand Tall Fall Prevention Program from Reflexion Health - an interactive program specifically designed for you to use. The Stand Tall Program kiosks can be used in wellness centers, gyms, or community settings.

Stand Tall is the digital translation of the internationally known and evidence-based Otago Exercise program, which has demonstrated significant improvements in the strength and mobility of seniors around the world.

\* According to the according to the National Council on Aging

## How does the Stand Tall Program Work?



### Introducing VERA.

The Stand Tall Fall Prevention Program is powered by an avatar named VERA, an FDA-cleared Virtual Exercise Rehabilitation Assistant that partners with you to improve your strength and mobility.



### What does VERA do?

Working with staff at your facility, VERA will provide a series of exercises personalized for you. As your on-screen coach, VERA demonstrates proper form of your exercises and motivates you to do your best.



### How does VERA know what I'm doing?

This is where the magic happens. VERA incorporates motion-tracking technology to capture your movements on-screen to help guide you through an exercise program.



### I'm not technical. Will VERA work with me?

Definitely! On top of being effective, working with VERA is easy. Staff will do your initial introduction and exercise prescription and then you are ready to go.

## Stand Tall Works and Seniors LOVE it!

In a recent study, seniors demonstrated big improvements after just eight weeks on the program.\* These improvements translated into a significant decrease in the risk of falling. In addition, users reported more ease with daily activities such as getting up from chairs, climbing stairs and playing with grandchildren.

\* Stand Tall - A Virtual Exercise Rehabilitation Assistant  
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### What Seniors are Saying

“ I just feel a lot more confident on my feet...It's really enhanced my life. Every week there seems to be something different. And I look forward to that. ”

Joan, Stand Tall Participant  
Gary & Mary West Senior Center

“ My experience with VERA has been very very excellent! Since I started using VERA, my legs have been more limber, I feel myself more flexible. And I walk even better. ”

Leon, Stand Tall Participant  
Gary & Mary West Senior Center