Children's Community Health Plan

PO Box 1997, MS 6280
Milwaukee, WI 53201-1997
Toll-free: 1-800-482-8010
www.childrenscommunityhealthplan.org

Medical Clearance Form

Please fax the completed form to (608) 467-4602 or email to support@kiio.com.

Member Name: _____

Member ID Number: _____

Dear Provider:

Children's Community Health Plan (CCHP) is offering a free app to our members in an effort to reduce low back pain – CCHP Low Back Pain program. This app, hosted by KIIO, will help guide your patient through an animated series of exercises designed to help reduce back pain. If you would like to review the exercises or for more information, you can:

- Online at kiio.com
- Call directly at 1-833-ASK-KIIO
- Email: emailsupport@kiio.com.

Your patient identified above has indicated a desire to take part in the Low Back Pain Program.

The CCHP Low Back Pain Program is a scientifically-based exercise program designed for members with mild to moderate low back pain to help alleviate pain and decrease symptoms.

If you approve this member's use of the Kiio app for the CCHP Low Back Pain Program, please place an X in the box below and sign where indicated.

☐ I have examined the patient named above. This patient can safely participate in the CCHP Low Back Pain Program.

Provider's signature Date

Please print:
Provider's name: _____
Address: _____
Phone number: _____

Kiio for Low Back Pain
Overview of Scientific Backing

Program Definition & Purpose
Kiio for Low Back Pain is a digital therapeutic designed to engage individuals suffering from mechanical low back pain in an evidence-based, consumer-centric digital care program.

The program includes algorithms for screening, exercise selection and progression; fully animated multi-track progressive home exercise routines; educational materials; engagement features, including virtual coaching, messaging and feedback; capture of status and outcomes; and access to professional (RN) care management.

The purpose of the program is to provide appropriate individuals with ongoing multi-modal management of low back pain.

Scientific Backing:

Screening
- Treatment Based Classification System, including psychosocial risk stratification, is supported by the American Physical Therapy Association's clinical practice guidelines1

Exercise and Education as First-Line Modalities
- American College of Physicians 2017 Practice Guidelines2
- JAMA Internal Medicine meta-analysis3

Specificity of Exercise Assignment
- Assignment of individualized, evidence-based exercises, including abdominal stabilization exercises and avoidance of overly aggressive lumbar extension motions4-9
- Use of patient-specific impairments (sitting/driving vs standing/walking vs equally bothersome) to determine bias of exercises (extension, flexion, non-directional)10-12

Progression
- Criterion based progression using individualized pain response and perceived treatment effect data[13-14]

Educational Materials
- Inclusion of pain neuroscience education materials15
- Authored by Dr. Adriaan Louw, founder of International Pain & Spine Institute

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