

FROM HIRING TO HEALING

Advancing Workforce Health & Productivity



ABOUT HEALTH QUOTIENT

Health Quotient (HQ), powered by Twin Cities Orthopedics (TCO), is a direct-to-employer health and wellness service. HQ partners with companies to increase employee health, while decreasing healthcare and workers' compensation costs.

THE HEALTH QUOTIENT APPROACH

1. Conduct organizational assessment to help us get to know your business and existing programs
2. Provide a recommendation of HQ services to meet your organization's unique needs
3. Identify key performance indicators to measure impact
4. Pilot implementation first, then scale services based on results
5. Regularly assess and refine programs to deliver ROI

WHY EMPLOYERS CHOOSE HEALTH QUOTIENT

EXPERT SOLUTIONS, INTEGRATED CARE

- Direct-to-employer providers committed to innovation

WORKFORCE SUPPORT, RECOVERY & PREVENTION

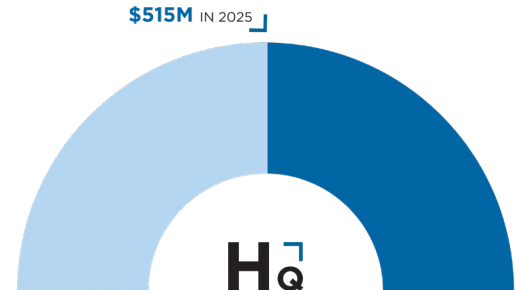
- Clinical navigation resources dedicated to employers and their employees
- Occupational health and workers' compensation specialists across the TCO system
- Improving your company health by reducing preventable disease

COST & PRODUCTIVITY IMPACT

- Cost savings in medical claims and missed workdays

FLEXIBLE, READY-TO-DEPLOY SERVICES

- Adaptable services with resources for your current needs
- Transparent pricing, direct contracting options



\$1B IN EMPLOYER HEALTHCARE SAVINGS BY 2030

“Before starting with Health Quotient, the trade services union spent about \$18 million a year for neck and back related diagnoses. After partnering with Health Quotient, and personal training services were added, that number dropped by \$7 million per year.”

- **Jim Hynes**, Former Executive Administrator
Taft Hartley Labor Union

SERVICES OFFERED IN A COORDINATED CARE CONTINUUM



HOW WE PARTNER WITH EMPLOYERS

OCCUPATIONAL HEALTH & INDUSTRIAL MEDICINE

In partnership with TCO, HQ provides comprehensive, employment-focused medical services that support every stage of the workforce journey—from hiring to return-to-work. Employers benefit from expert orthopedic integration, streamlined documentation, and a modern, centralized testing and injury-care model.

Offerings include:

- Pre-employment and annual physicals,
- POETs
- Regulated exams (i.e. DOT)
- Workers' compensation evaluations
- Coordinated recovery services

WELLNESS & FITNESS PROGRAMMING

HQ delivers proactive wellness solutions designed to prevent injuries, reduce disease risk, and elevate overall workforce performance. These programs help employees stay healthy, improve job readiness, and reduce avoidable medical costs.

Offerings include:

- Ergonomics assessments and education
- Functional movement screenings
- Biometric and health assessments
- Personal and group training
- Onsite or HQ-based wellness initiatives

DIRECT-TO-EMPLOYER CONTRACTING

Through direct partnerships, like our Tier 0 program, employers gain simplified access to TCO's value-based orthopedic and conservative care ecosystem—including clinical navigation, physical therapy, and bundled care options.

Offerings include:

- Predictable pricing
- Improved care navigation
- Meaningful reductions in healthcare spend
- Enhancing the employee experience with faster access and lower out-of-pocket costs



HEALTH QUOTIENT LOCATIONS

ST. LOUIS PARK - HQ HEADQUARTERS

8223 Hwy 7, St. Louis Park, MN 55426

Health Quotient shares a state-of-the-art facility with TCO St. Louis Park - Therapy and offers on-site screenings, assessments, and health coaching.

EDEN PRAIRIE - OCC HEALTH CLINIC

965 Prairie Center Dr, Eden Prairie, MN 55344

Located on first floor, our occupational health specialists deliver a full range of care that focuses on the prevention, evaluation, and treatment of work-related injuries and health needs.

HUDSON

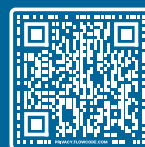
2651 Hillcrest Dr, Hudson, WI 54016

Located within TCO Hudson, Health Quotient offers comprehensive on-site assessments, therapy services, and structured return-to-work care.

GET STARTED WITH HEALTH QUOTIENT

We look forward to sharing more about how our team can help your organization be healthier, more productive, and save costs.

952-838-0661 | HealthQuotient@TCOmn.com



Scan here to connect
with the HQ team.

