

Balance and Aging:

Understanding How Aging Impacts Decline in Balance

Are Falls the Invisible Epidemic?

**Older Adult Population: 58 million in 2024
(projected to be) 82 million by 2050**

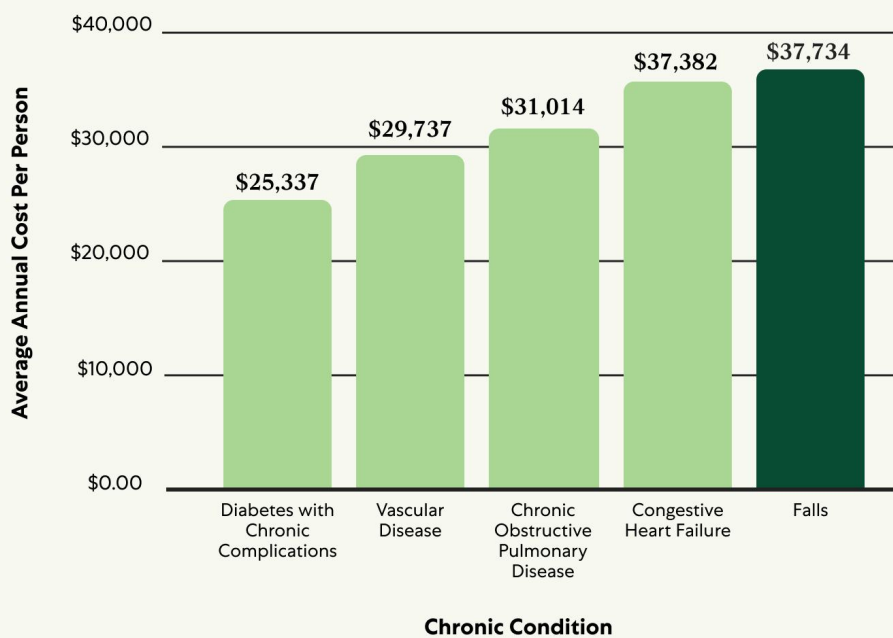
Universal Truths

- Declining balance affects everyone as they age
- Falls among older adults constitute a growing public health crisis
- Individuals who do not present any risk factors still experience falls
- Escalating medical costs are driving the need for preventive strategies

Facts on Falls

- Falls are the leading cause of injury and accidental death among adults over 65
- 70% of deaths in adults >75 are due to falls
- Falls cost over \$37,700 per person per year (PMPY) more than other chronic diseases
- Falls are the #1 cause of Emergency Medical Services responses
- 1 in 4 older adults fall each year

Average Cost Per Member Per Year (PMPY) by Chronic Condition



Nymbbl's Proven Approach to Catch Falls Early



65% of people who use Nymbbl say their balance has significantly improved



41% reduction in average quarterly claims



Reduces Emergency Department (ED) and Inpatient (IP) Utilization



Easy-to-use digital platform



Download Nymbbl's Balance and Aging report [here](#)

Learn how Nymbbl empowers adults to age with confidence, visit NymbblScience.com