



2024 ANNUAL REPORT



MISSION

EA Therapeutic Health empowers people of all ages with physical health and mobility challenges to lead healthy, active, and independent lives.

A LETTER FROM OUR FOUNDER AND CEO

Dear Friends,

It does not astound me that 50,000 people living with physical disabilities, chronic health or neurologic conditions are dying up to 18 years younger than non-disabled people. It does not astound me that these people are living within a 50 mile radius of Rochester, Minnesota.



When I worked at Mayo Clinic early in my career, I became aware of how many of my patients, once discharged with a rehab treatment plan to continue improving on their own, fail to improve. I knew that despite the world-renowned care provided at Mayo Clinic, these patients had too few support systems or resources to follow through on their treatment plan and their health and mobility worsened.

I founded EA Therapeutic Health to provide these support systems and resources - **which is only made possible through a community-based nonprofit model where we come together to support access and affordability through collaboration, philanthropy, volunteerism and partnership.**

Together, we can help bring vital programming and services to a silently suffering population of people who don't have to struggle alone. They can achieve their health goals with the right support. **With your help, our goal is achievable: provide zero barrier access to all in need.**

In health,

Melanie Brennan

Melanie Brennan, PT, DPT. Founder and CEO



**Volunteer, Donate,
Support!**

50,000 ON THE ROAD TO PREMATURE DEATH

An estimated 50,000 people within a 50-mile radius of Rochester are living with physical or neurologic disabilities..

Their life expectancy is 49 years old compared to 68 years for non-disabled people.



HEART DISEASE | PERIPHERAL ARTERY DISEASE | OBESITY | DIABETES | STROKE



Heart Disease

People with disabilities are three times more likely to have heart disease and heart chronic conditions



Diabetes, Obesity, Stroke

People with disabilities have double the risk of asthma, depression, diabetes, obesity, and stroke.

LOSS OF MOBILITY



Physical inactivity is one of the highest risk factors for chronic illness and premature death in disabled people.

"Sitting is the new smoking"

People who sit for more than eight hours a day without physical activity have a similar risk of dying as those who are obese or smoke.

Mayo Clinic

Typically, individuals living with physical disabilities have been provided a treatment plan to live their most pain free, active, healthiest and independent life possible.

WHAT CAN BE DONE?

Treatment most often requires:

- Access to affordable physical therapy, and staff uniquely trained to work with various physical and neurologic disabilities
- Facilities with specialized or adaptive equipment
- Specialized programming to help individuals of all ages and stages of disability learn how to move from therapy to self care and health maintenance



THE ISSUE IS ACCESS AND AFFORDABILITY

For Providers

It's Expensive.

Regular insurance covers only 44% of true cost for physical therapeutic health services.

To achieve profit margins, providers make up the difference by:

- Increasing fees for direct services: \$150-\$300 per visit
- Scheduling as many patients as possible in one day regardless of time needed for optimal care.
- Limiting Medicare, Medicaid and UCare patients (where reimbursement is the lowest)

It's more than physical therapy.

The insurance model of care doesn't allow for making investments in the specialized facilities and equipment needed to serve this population, or building out specialized programming, staff training, and services for health maintenance education and support.

For Clients

Insurance Fails Clients Too.

Insurance coverage cares about pain reduction, not prevention or long-term health.

- Once you reach a manageable level of pain and mobility, your insurance will drop
- Insurance will not kick in again until your health declines and you need immediate intervention once again.



Health Equity Outcomes

Investing in the physical health of our disabilities community members results in:

- Longer term employment and economic stability
- Healthier lifestyle choices and family well being

Finding EA was like a dream come true. Their accessible equipment and welcoming staff and volunteers makes working out on my own from my wheelchair possible and has had a huge impact on my physical and mental health.

- Tom, Retired Mayo Clinic Physical Therapist

- Increased workforce participation
- Fewer substance abuse issues stemming from reliance on pain medications
- Less strain on mental health system
- Significant cost savings for our medical system

2024 Service Statistics

24,000 Visit scheduled

- 3,000 recreation therapy
- 7,000 physical therapy
- 14,000 health and wellness training

571 unique people helped/ 251 new

132 volunteers | 1,245 volunteer hours

\$1.3 million dollars provided toward program access

200 served through All Access Pathways Program



"My quality of life has greatly improved. Friendly hard- working staff and, knowledgeable therapist, are just a few of the wonderful things."

EA Forever Strong Program Participant

Program Evaluation

- Prolonged life expectancy
- Higher rates of long-term employment
- Higher rates of economic stability
- Healthier lifestyle choices
- Increased family well-being
- Increased or sustained workforce participation
- Fewer issues relative to substance use disorder

CORE SERVICES AND PROGRAMS

EA services children, youth, teens, adults and seniors. Our staff are health and wellness experts trained specifically to increase the life expectancy of individuals with disabilities. We offer:

- Certified physical therapy
- Specialized neuro-fitness training
- Strength and conditioning coaching
- Health coaching
- Therapeutic recreation
- Specialized young children's wellness programming
- Adaptive fitness
- Wheelchair basketball league
- Programming for school-age children in collaboration with their school district



"EA Therapeutic Health has built a viable model for community-based therapeutic health equity, which is why we put our trust and dollars behind this agency, and encourage our community leaders to join us in providing access for all, and regardless of ability to pay."

Harper Family Foundation

EXCERCISABILITIES, INC. DBA EA THERAPEUTIC HEALTH & AFFILIATE CONSOLIDATE STATEMENT OF ACTIVITIES

	YEAR ENDED DECEMBER 31,					
	2024			2023		
	WITHOUT DONOR RESTRICTIONS	WITH DONOR RESTRICTIONS	TOTAL	WITHOUT DONOR RESTRICTIONS	WITH DONOR RESTRICTIONS	TOTAL
REVENUE AND OTHER SUPPORT						
Rehab therapy, net of adjustments	\$ 631,918	\$ -	\$ 631,918	\$ 725,878	\$ -	\$ 725,878
Therapeutic health services, net of reduced and free services	1,187,380	-	1,187,380	1,166,608	-	1,166,608
Grants	92,920	70,000	162,920	151,572	30,000	181,572
Contributions	44,273	-	44,273	36,072	-	36,072
In-kind donations	22,045	-	22,045	31,570	-	31,570
Investment return	180,495	-	180,495	131,007	-	131,007
Other	(16,125)	-	(16,125)	2,655	-	2,655
Net assets released from restrictions	1,030,000	(1,030,000)	-	1,080,530	(1,080,530)	-
TOTAL REVENUE AND OTHER SUPPORT	3,172,906	(960,000)	2,212,906	3,325,892	(1,050,530)	2,275,362
EXPENSES						
Program	1,653,069	-	1,653,069	1,971,746	-	1,971,746
Management and general	501,711	-	501,711	485,562	-	485,562
Fundraising	143,221	-	143,221	113,477	-	113,477
TOTAL EXPENSES	2,298,001	-	2,298,001	2,570,785	-	2,570,785
CHANGE IN NET ASSETS	874,905	(960,000)	(85,095)	755,107	(1,050,530)	(295,423)
NET ASSETS, BEGINNING OF YEAR	2,523,778	1,030,000	3,553,778	1,768,671	2,080,530	3,849,201
NET ASSETS, END OF YEAR	\$ 3,398,683	\$ 70,000	\$ 3,468,683	\$ 2,523,778	\$ 1,030,000	\$ 3,553,778

EXCERCISABILITIES, INC. DBA EA THERAPEUTIC HEALTH & AFFILIATE CONSOLIDATE STATEMENT OF FINANCIAL POSITION

	<u>DECEMBER 31,</u>	
	<u>2024</u>	<u>2023</u>
<u>ASSETS</u>		
Cash	\$ 43,619	\$ 120,480
Unconditional promises to give, net	52,000	1,030,000
Accounts receivable	148,649	203,146
Less allowance for credit losses and insurance adjustments	(34,239)	(36,287)
Prepaid expenses	11,281	13,321
Investments	2,972,664	1,945,823
Property and equipment, net	1,329,590	1,371,239
Operating lease right-of-use asset	-	22,304
TOTAL ASSETS	<u>\$ 4,523,564</u>	<u>\$ 4,670,026</u>
<u>LIABILITIES AND NET ASSETS</u>		
LIABILITIES		
Line of credit	\$ 34,010	\$ -
Accounts payable	16,516	21,182
Accrued liabilities	36,397	21,788
Deferred revenue	-	43,222
Long-term debt		
Principal amount	975,967	1,016,919
Less unamortized debt issuance costs	(8,009)	(9,167)
Operating lease liability	-	22,304
TOTAL LIABILITIES	<u>1,054,881</u>	<u>1,116,248</u>
NET ASSETS		
Without donor restrictions	3,398,683	2,523,778
With donor restrictions	<u>70,000</u>	<u>1,030,000</u>
TOTAL NET ASSETS	<u>3,468,683</u>	<u>3,553,778</u>
TOTAL LIABILITIES AND NET ASSETS	<u>\$ 4,523,564</u>	<u>\$ 4,670,026</u>

THANK YOU MAJOR FUNDING PARTNERS



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therapy & fitness

REIMAGINED