



HEP2go

A web-based platform for rehabilitation professionals to create, customize, and deliver home exercise programs (HEPs) via print, email, SMS text, or QR code.

<https://www.hep2go.com>

Overview

HEP2go is a web-based Home Exercise Program (HEP) software specifically designed for rehabilitation professionals, including physical therapists, occupational therapists, athletic trainers, and chiropractors . The platform's core value is enabling therapists to efficiently create and deliver customized exercise programs to their patients.

The software features an extensive library of thousands of therapeutic exercises, all complete with pictures and videos . Users can customize every aspect of an exercise, including the title, description, sets, reps, and frequency, and save these changes for future use . For common conditions, therapists can save multiple exercises as a "routine" for rapid deployment . The platform also supports the creation of custom content, allowing professionals to upload their own photos and videos to build personalized exercises .

HEP2go operates on a freemium model, offering a robust free membership with core features like access to the full content library, custom exercise creation, and printing HEPs . The paid "Pro" membership unlocks advanced features essential for a clinical setting, such as unlimited saved routines, the ability to send HEPs directly via email, SMS text, or QR code, custom branding/logo on handouts, and a fully integrated Google Translate API that supports up to 95 different languages . Additionally, the Pro plan includes a "Sketch Pro" tool to convert exercise images to illustrations, helping to reduce printer ink usage .

While highly praised for its simplicity and extensive content, a common drawback noted is the lack of direct integration with Electronic Medical Record (EMR) software, which requires therapists to manually enter exercise details into patient records .

Key Features

- Extensive Exercise Library (1000s of videos/images)
- Custom Exercise Creation (Upload own content)
- Customizable & Unlimited Saved Routines (Pro)
- Multiple Delivery Methods (Print, Email, SMS Text, QR Code)
- Integrated Google Translate (95 Languages)
- Custom Branding and Logo on HEPs (Pro)
- Sketch Pro Tool (Convert images to illustrations)

Pricing

Model: freemium

Free basic membership available. Pro subscription for a single member is \$7/month or \$70/year. Group discounts are available, starting at \$5/month per employee for 2-20 employees and \$3/month per employee for 21+ employees.

Starting at: USD \$7

Target Company Size: startup, small, medium

Integrations

Google Translate API

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