



SHIELD HEALTHCARE

Save Over \$800 with Shield Healthcare

A real-world comparison example using Sarah — a 34-year-old recovering from a knee ligament strain over 6 weeks.

TRADITIONAL PHYSIOTHERAPY

\$1,487

- 8 sessions × \$137 = \$1,096
- Initial consultation: \$175
- Exercise clinic access (separate): \$216
- Between-session support: **None**

SHIELD HEALTHCARE

\$649

- 6 weeks × \$43 = \$258
- Initial consultation: \$175
- Exercise clinic access (bundled): \$216
- Between-session support: **24/7 messaging, video messages and voice**

\$838

Total Savings

Choosing Shield over traditional physiotherapy.

44%

Cost Reduction

Shield cost 44% less than the equivalent traditional pathway, inclusive of unlimited exercise clinic access.

24/7

Therapist Access

vs. just 30 minutes per week with traditional care.

✔️ 🏆 **Bottom line:** Shield Healthcare delivers more therapist contact, bundled exercise clinic access, and an active rehab approach — all at less than half the cost of traditional physiotherapy.