



The first validated effort test for
Muscle and Vitality Capacity*



THE LANCET
Healthy Longevity

* WHO working definition of
vitality capacity for healthy
longevity monitoring. 2022

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Research partners



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Let's connect!



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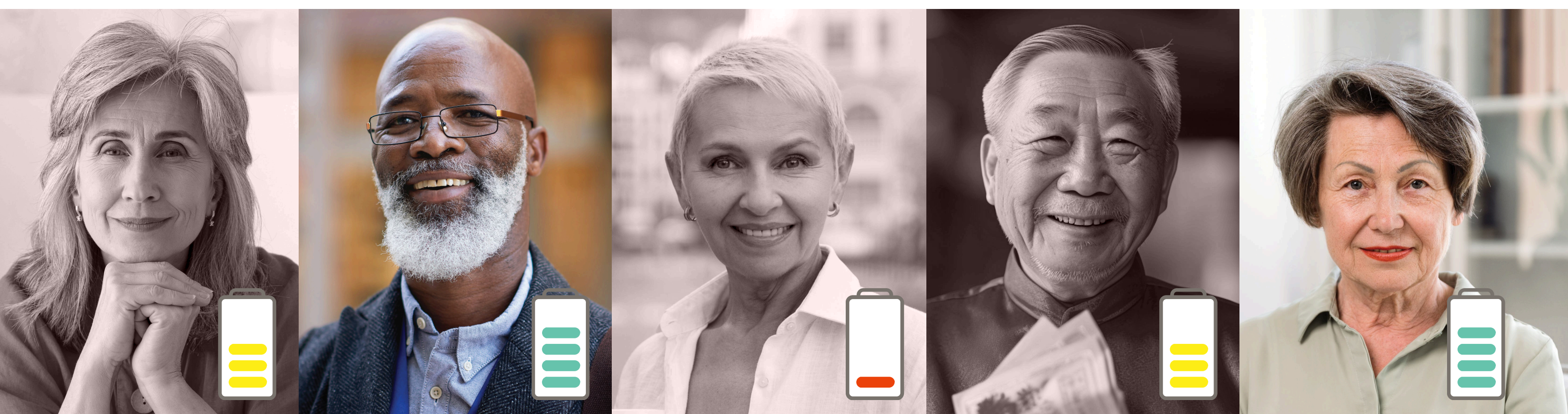
Scan for evidence and scientific references

<http://compliance.eforto.com/qr/eforto-brochure-2025-10-11-references>



Instant evidence-based insights in Muscle and Vitality Capacity

- ✓ Simplifying early detection of **sub-clinical frailty**¹⁻⁴
- ✓ Enabling reliable prediction of **clinical outcomes**⁵⁻¹¹
- ✓ Facilitating seamless monitoring of **inflammation and recovery**⁷⁻¹⁵

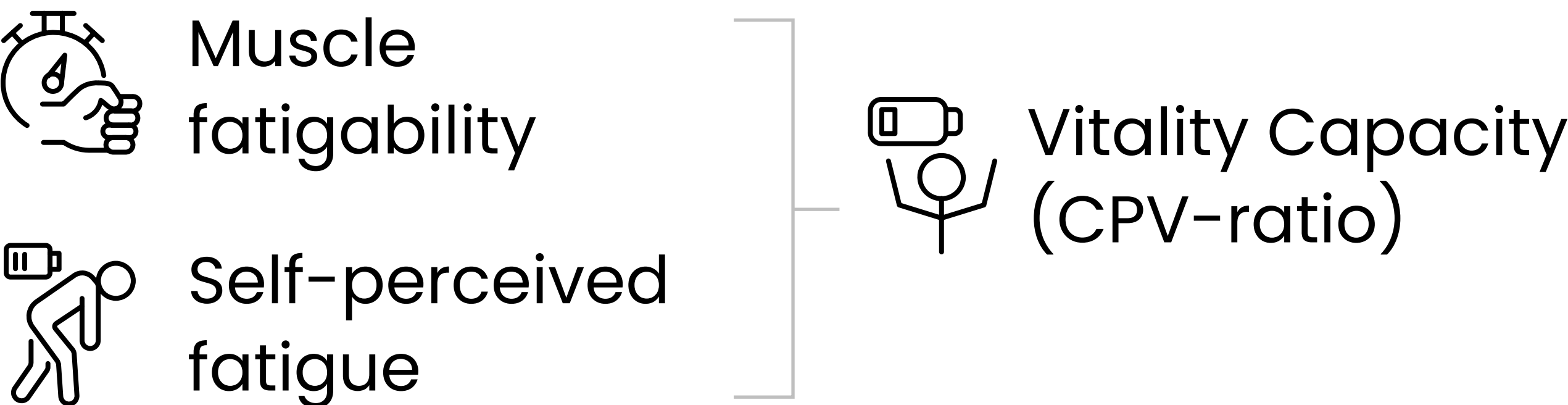


WHO-recommended core biomarkers for Vitality Capacity¹

Neuromuscular function

 Grip strength

Energy metabolism & inflammation



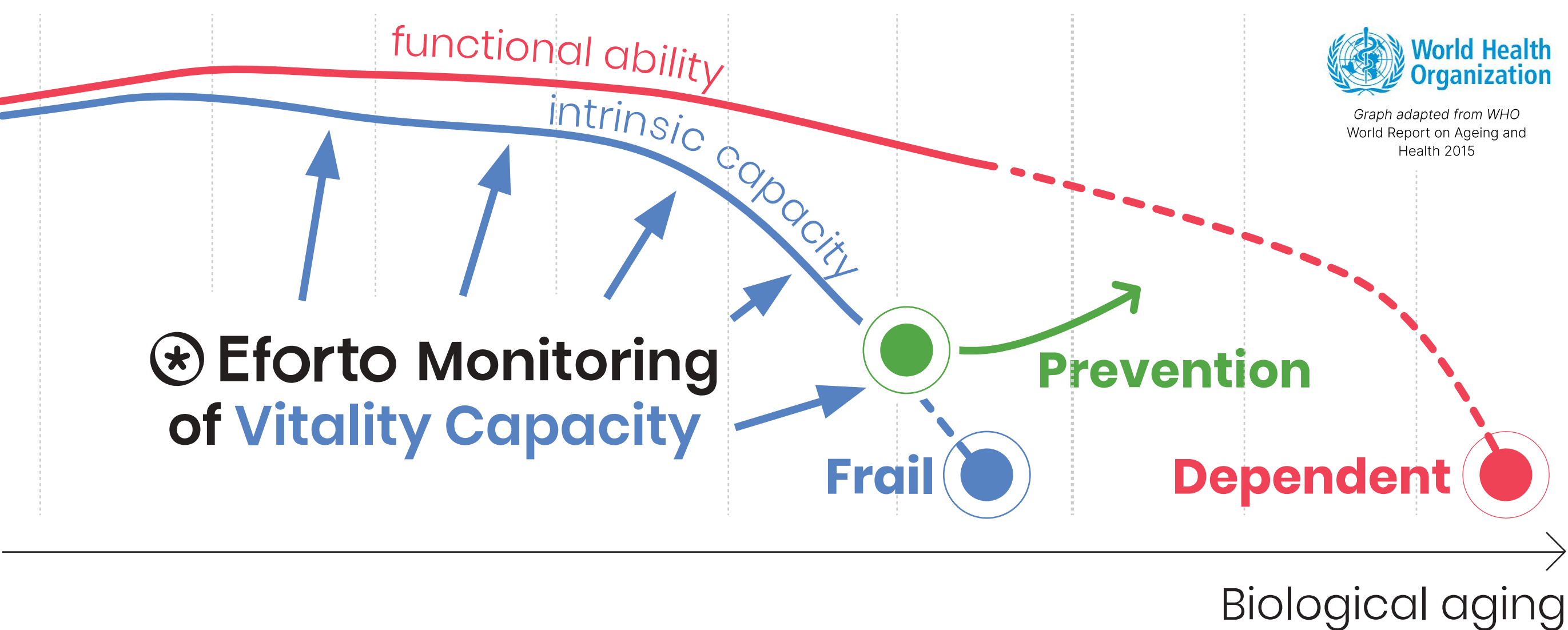
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WHO working definition of vitality capacity for healthy longevity monitoring. 2022

Guiding clinical decisions across the care continuum

Frailty & Fall risk Screening: Detect pre-frailty — even in high-functioning adults— allowing timely intervention (exercise, nutrition, etc.) to preserve intrinsic capacity and prevent falls & disability.²



Every unit decrease in CPV-ratio increases the likelihood for pre-frailty by 78% in women.³

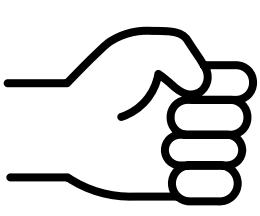
Triage & Treatment Planning: Before surgery, oncology, or intensive therapy, Eforto® assesses vitality capacity beyond chronological age, flagging low resilience to guide personalized pre-op optimization & risk planning.^{5,6}

Acute Care & Hospitalization management: Bedside testing monitors functional status during admission and recovery, daily measures inform adaptive care and safer, better-timed discharge.⁷

Rehab Monitoring: Track post-hospital deconditioning and quantify progress in hospital or at home; Eforto® objectively captures gains in strength, inflammation & fatigue.^{7,12,13}

Chronic Diseases: Monitor vitality capacity in diabetes, COPD, Heart Failure or cancer, where muscle function and inflammation are strong guides to adjust therapy and intervene early.⁸

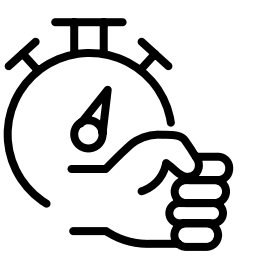
Eforto® Clinical Biomarkers



Muscle Strength^{9,16}

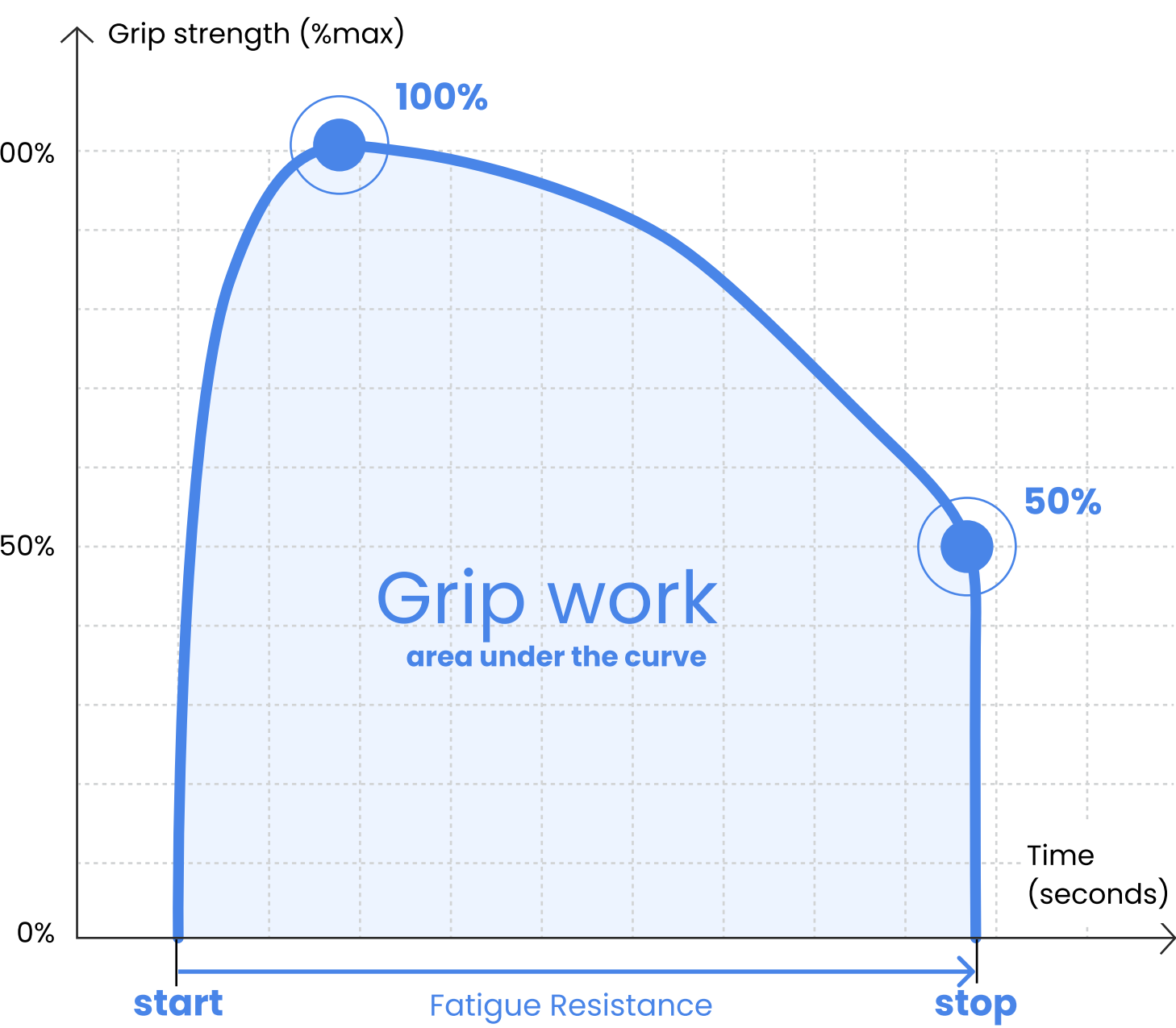
Maximal grip strength

- Clinical indicator of neuro-muscular function and overall muscle strength.¹⁶
- Predictive for future function, bone mineral density, fractures, cognition, depression, multimorbidity, hospitalization complications, all-cause and disease-specific mortality.⁹



Muscle Fatigability^{1,6,11,13,14,17,18,23,24}

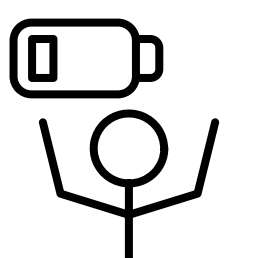
Fatigue Resistance & Grip Work



Fatigue Resistance:
Time of sustained grip above 50% of max strength.²⁴

Grip Work: Total effort calculated from the area under the force-time curve.²⁴

- Clinical indicator for energy metabolism, resilience and inflammation (IL-6, TNF- α).^{1,6,17}
- Sensitive to early, subtle changes in muscle health, inflammation and recovery.^{11,13,23}
- Predictive for recovery after discharge.^{14,18}



Vitality Capacity^{1,3,4,15,20}

Capacity to Percieved Vitality (CPV)

- Novel biomarker, combining muscle fatigability and self-perceived fatigue, in a single CPV-ratio.^{3,15,20}
- Aligns with WHO Intrinsic Capacity framework.¹
- Detects sub-clinical frailty and fatigue early^{1,15}
- Predicts loss of gait speed, balance and ADL in older persons.⁴



Springer

Aging Clinical and Experimental Research



Validity and reliability of Eforto® for [self]-monitoring grip strength and muscle fatigability in older persons

2023



Unique validated system for accurate and reliable monitoring grip strength and muscle fatigability.⁵



Simple and quick [self]-testing suitable for regular clinical practice and remote patient monitoring.⁵

Eforto Vitality test in <5 minutes

1. Calibrate

App automatically connects and calibrates the Eforto Vigorimeter

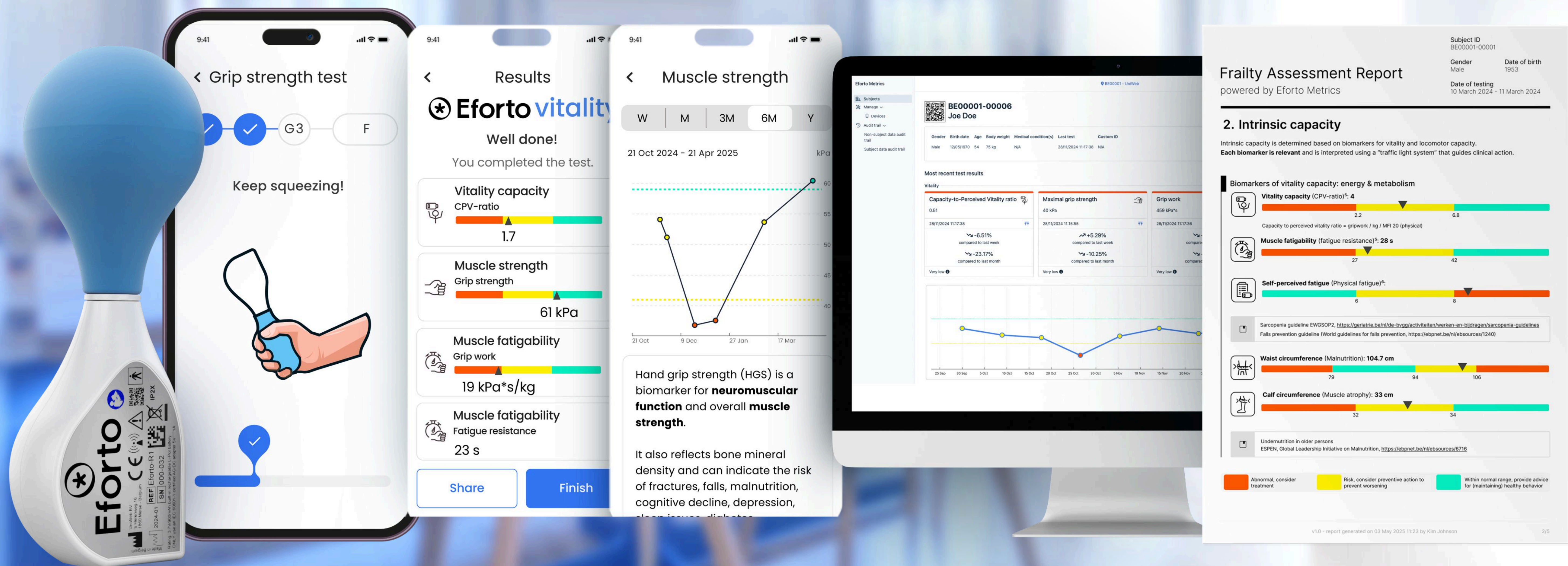
2. Test

- Quickly respond to 4 self-perceived fatigue multiple choice questions.
- Complete 3 max grip tests and 1 sustained grip test, guided by voice instructions with interactive encouragement.

3. Results

- Instant "traffic light" scores for all 3 biomarkers benchmarked against healthy population norms.
- Track evolution in Eforto Metrics.

Eforto's grip tests are a safer monitoring option with no risk of fall compared to other physical tests like chair stand test, gait speed, etc.³⁰



Eforto Vigorimeter

- 🏆 Outperforms traditional dynamometers ^{19,21-24}
- 💡 Enhanced comfort & less pain ^{21,23,24,26}
Ergonomic rubber bulb, less strain on joints
- 👤 Reliable across hand sizes ^{27, 28}
Minimal impact from hand morphology
- 🕒 Superior sensitive for weak grip ^{19,23, 28,29}
Relevant for frail or impaired patients
- 🕒 Captures dynamic grip strength ^{22,24,27}
Ideal for measuring muscle fatigability
- 🎯 High precision with auto-calibration ⁵
- 🍃 Ultra-lightweight (100 g / 3.53 oz)
Easy to use by weaker patients

2x Vigorimeter captures muscle endurance impairments with **twice the sensitivity** compared to traditional dynamometers.¹⁹

Eforto Vitality App

- 👤 Interactive guided tests
Enables self-testing at home
- ✅ Validated protocol ⁵
- 🕒 Results in under 5 minutes
- 📈 Traffic light risk benchmarking ^{1,3-5,19,20,25}
normative values by sex and body weight



Eforto Metrics

- 📊 Remote biomarker tracking
- 📊 Insightful visualized PDF reports
- ↔️ Secure & interoperable HL7-FHIR
- 📄 Customized configurable protocols for all domains of Intrinsic Capacity