

Make big moves in musculoskeletal (MSK) management

Musculoskeletal disorders (MSDs) are one of the leading drivers of health care expenses in the U.S. and second highest cost for the health plan. Currently, in-person physical therapy (PT) compliance is a known issue and the lack of follow through creates greater downstream costs and complexity. A review of 2021-2022 health plan data illustrates that, of members facing back pain, 18% only completed one PT visit.* Excellus BlueCross BlueShield is offering digital musculoskeletal (back, neck and joint) health care and physical therapy services to our members. These services are administered by Vori Health, an independent company.

Digital PT (Vori Health) can help:

- **Reduce** unnecessary invasive treatments and trips to the emergency room, resulting in lower overall costs
- **Reduce** absenteeism, resulting in higher work productivity
- **Increase** physical therapy engagement, resulting in better quality of care
- **Increase** ease and speed of access to care, resulting in better compliance with treatment



In 2021,

\$800 million

was spent by the health plan for MSK related costs.*

(Not inclusive of direct and indirect costs related to workers' compensation)

MSDs accounted for a median of

8 days

away from work**

In 2021, an estimated

9.5 million

visits were made to the emergency room for MSK conditions***

* 2021-2022 Health plan data

** "Work-Related Musculoskeletal Disorders and Ergonomics," Centers for Disease Control and Prevention [CDC], 2019.

*** Estimates of Emergency Department Visits in the United States, 2016-2021, * Centers for Disease Control and Prevention [CDC].

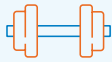
Vori Health is a nationwide specialty medical practice delivering a virtual-first, digital MSK solution to help your employees get back to their lives faster. With **Vori Health**, employees will get access to:



**Convenient
video visits**



**Medical evaluation
and diagnosis**



**Personalized treatment including
physical therapy and more**

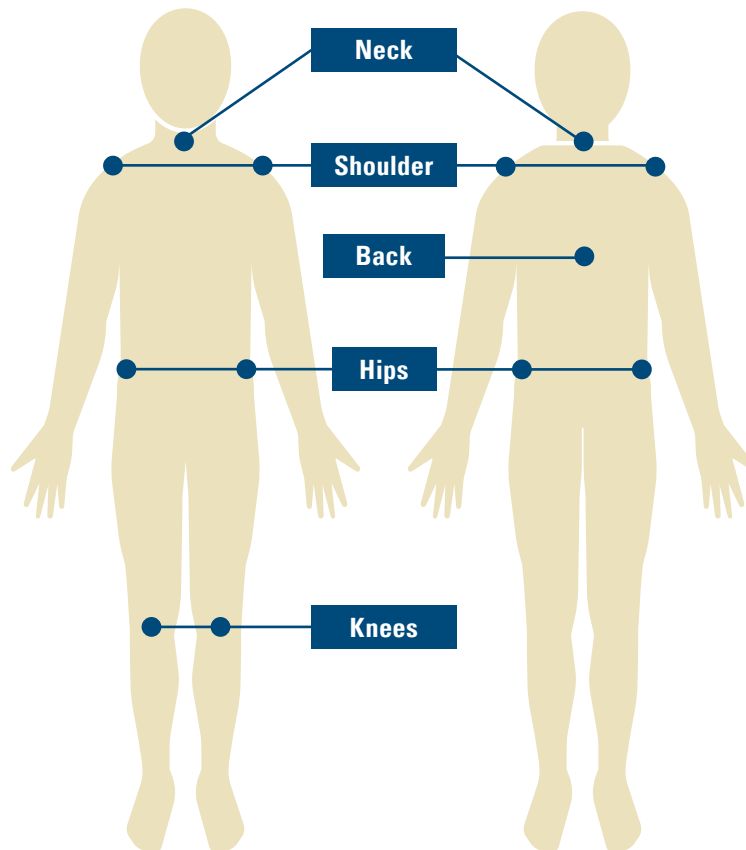


**Non-opioid pain medication
and imaging if needed**



**Support to help manage pain,
regain strength, and enjoy life**

Here are some of the common areas treated by Vori Health Orthopedic Specialists:



**To learn more about how Vori Health can support
your team, talk to your broker or Excellus
BlueCross BlueShield Account Manager today.**



Vori Health is an independent company that offers virtual and digital musculoskeletal (back, neck and joint) health care and physical therapy services to Excellus BlueCross BlueShield members. Excellus BlueCross BlueShield is a nonprofit independent licensee of the Blue Cross Blue Shield Association. Embedded for all Fully Insured group plans with the exception of Minimum Premium arrangements. A buy-up option will be available for Minimum Premium and Self-Funded group plans for 1/1/25.