

contigohealth



/// Centers of Excellence 360

Orthopedics Program



AN ORTHOPEDICS PROGRAM DESIGNED TO RESTORE FLEXIBILITY AND MOVEMENT AND REDUCE PAIN.

/// **A comprehensive, innovative
orthopedics program.**

Employers, employees, and their dependents now have access to a single, comprehensive, evidence-based orthopedic program that includes hip, knee, and spine care that considers the whole person so that care and recovery can be appropriate, efficient, and complete.

Orthopedics is a top clinical cost driver for employers—perhaps because many orthopedic treatment plans aren't designed to be minimally invasive. Orthopedic treatment is often a siloed approach that fails to consider an individual's total health picture. So while your employees endure pain and maybe even associated mental health issues, you feel the strain of lost productivity.

The path forward lies in a more forward thinking and integrated approach to orthopedic care. That's why the Contigo Health Centers of Excellence 360 Orthopedics Program™ was created.

Relief for your plan members. Relief for your health plan.

As part of our Centers of Excellence 360—the revolutionized centers of excellence program from Contigo Health®—we've launched a new orthopedic solution designed to optimize treatment and recovery while bundling costs for medical claims savings.

/// Charting a better path to orthopedic care.

Our orthopedics program is designed to help:

- // Liberate health plan members from pain and mobility challenges
- // Provide access to the most appropriate care for better outcomes
- // Support members throughout their entire care journey
- // Simplify treatment plan management
- // Contain medical claims costs
- // Get your employees back to life and work faster

We do this through:

A clinically led program

This program provides access to a single, comprehensive, evidence-based orthopedic program that includes joint, spine, and other orthopedic specialty care.

An interdisciplinary approach

The care plan may include physician-led, nonsurgical care provided by an interdisciplinary team that could include a physical therapist, health coach, dietitian, and/or social worker.

Individualized treatment plans

We take a thorough approach to individual care plans, including consideration of nonsurgical care options or enhancing surgical preparedness to improve outcomes for surgery-ready patients living with other conditions.

End-to-end member support

We're there to guide your health plan members every step of the way throughout their journey, from initial assessment through post-treatment recovery. They never have to go it alone.

At-home virtual and in-person care

When feasible, we give members flexibility to access care in a way that is most convenient, comfortable, and least disruptive for them.

Bundled services

All these services are offered as bundles for ease of administration, accountable utilization, and more predictable healthcare costs, making it easier for employers to help get their people back to living their best lives possible.

It's time for a more sensible approach.

Let's talk about how we can help you establish a more innovative orthopedics program designed to give access to the precise care your plan members need—and none of the care and inefficiency they don't.

Contact your account manager today, or speak with a Contigo Health Sales Advisor at 330-656-1072.

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