

## News Magnera plan members can use.

*Volume 1*

### News and orthopedic treatment options for you



### What to know • Where to turn

### Orthopedic conditions impact lives everywhere

All of us experience some level of muscle, joint, or back and neck pain from time to time. But when orthopedic injury robs individuals of their mobility, dexterity, and even their state of mind, it can be devastating to life at home and work.

Half of all adults struggle with bone, joint, and muscle issues, and about one in five visits to a healthcare professional in the U.S. involves a musculoskeletal condition such as a bone and joint condition (66 million annual visits) and lower back pain (52 million visits).<sup>1</sup> In fact, orthopedic conditions impact a staggering 1.71 billion people worldwide.<sup>2</sup> An aging population is contributing to that number quickly growing even higher.<sup>2</sup>

Orthopedics issues and related pain can impact life too. That's why we're here to help you get back to living your best lives.

### 5 small changes that can have a big impact

- // Stretch daily.
- // Take breaks frequently and stretch stiff muscles.
- // Wear comfortable shoes that fit properly.
- // Don't ignore pain—change positions or stop activities that hurt.
- // Warm up before any activity—even before walking.

### /// The Journey Forward

As a health plan member, if you struggle with an orthopedic injury, you'll be glad to know about an enhanced centers of excellence (COE) benefit that is now available to you. The Contigo Health® Centers of Excellence 360 Orthopedics Program brings you access to the highest level of specialized spine, hip, and knee care available—all at no direct cost<sup>†</sup> to covered health plan members.

The COE 360 Orthopedics Program offers a thorough approach to individualized care plans, including consideration of nonsurgical care options or enhancing surgical preparedness to improve outcomes for surgery-ready patients living with other conditions. Care plans include at-home virtual services and in-person care options as appropriate.

## Here for members throughout the process



This program is dedicated to getting individuals back to living a pain-free lifestyle as fast as possible, regardless of the care path taken. And we're here to guide you or your loved one every step of the way throughout the journey, from initial assessment through post-treatment recovery. You'll never have to go it alone.

## Learn more today

Visit [contigohealth.com/magnera](https://contigohealth.com/magnera) or call toll-free 877-230-0988 to speak with a Contigo Health Orthopedic Care Intake Specialist.



1. Spaulding Research Institute, "Discovery Center for Musculoskeletal Recovery"
2. World Health Organization, "Musculoskeletal health," July 14, 2022

The content contained herein is for educational and informational purposes only and shall not be construed as tax or medical advice. Nothing contained herein shall be construed as a guarantee of benefits. You must maintain eligibility to have access to the program. Limited conditions may be excluded from the program. Terms and conditions apply. <sup>1</sup>Per IRS guidelines, this benefit is subject to deductible for HSA members.