



Musculoskeletal Solutions Bundle

An exclusive, end-to-end approach to Musculoskeletal spend designed to increase conservative treatment using virtual exercises, physical therapists, nurse coaches and second opinions from expert physicians. Inclusive of Centers of Excellence (COE) and no up-front cost!

| What | Powered by | How the solution works |
|--|---|--|
| Virtual PT Exercises + Health Coaches |  | <ul style="list-style-type: none"> • Digital, adaptive, personalized care plans for each user • AI based Motion Coach™ provides PT grade feedback 24/7 • Virtual support from certified health coaches / physical therapists |
| Nurse Coaches + COEs | Orthopedic Health Support | <ul style="list-style-type: none"> • Orthopedic nurses provide holistic pre and post-surgery support • Evaluate & recommend appropriate treatment options • Refer members to Centers of Excellence when surgery is needed |
| Expert physician second opinions |  | <ul style="list-style-type: none"> • Second opinion services from medical experts • Provides confidence in diagnosis and treatment plan • Live video consults completed within 3 days (on average) |



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