

# realize meaningful reductions in musculoskeletal costs with apostrophe

Apostrophe Health's curated ecosystem of virtual health providers gives your members access to a full suite of healthcare services. Our services are easy to access and often zero cost to the plan and its members. It's just one of many of the great services that come standard in Apostrophe's Intelligent Health Benefits (IHB).

A great example of our low cost ecosystem partners is Integrated Musculoskeletal Care (IMC), our virtual physical therapy partner. IMC's credentialed clinicians specialize in musculoskeletal care, including:

✓ shoulder rehabilitation

✓ arm/elbow rehabilitation

✓ neck/lower back rehabilitation

✓ foot/ankle rehabilitation

✓ hip/knee rehabilitation

## did you know?

**92%**

**of mechanical pain** (*pain affected by movement or position*) can rapidly improve without assistance of addictive pain medicine or the need for invasive procedures such as injections or surgeries.

### That's where IMC comes in.

Their clinicians assess each patient and develop appropriate treatment plans that are often able to avoid costly procedures. In fact, using a sample of 247 random members, consulting with IMC prior to undergoing prescribed MRI or surgery resulted in **49% of those procedures avoided and \$1.1M in savings**. The average PMPY when a member avoided the procedure thanks to IMC consultation was **\$1,334** compared to **\$5,612** when the member proceeded with the procedure.

That's why Apostrophe has carefully curated an ecosystem of digital partners like IMC to empower our plan sponsors and their members to avoid unnecessary, high cost surgeries and treatments and take control of their own healthcare journey.



## apostrophe health + IMC



### 1. Mobile App

- Download the JointStrong mobile app to access a free self-assessment and self-care plan for your back, neck, joint, or muscle pain.
- To download the app, search "JointStrong" on the Apple App or Google Play stores. Once you download the app, sign up and **use the code "Apostrophe"**.



### 2. Clinical Care

- Visit the IMC clinic for an evaluation of your back, neck, joint, or muscle pain.
- IMC clinicians hold advanced certifications in treating musculoskeletal pain and can help you receive the care that you need.
- To schedule a visit **call 855-293-0340**.



### 3. TeleHealth

- Want to have a visit with an IMC clinician, but don't want to drive to the clinic?
- IMC offers convenient access to its clinicians through secure video via our telehealth platform.
- To schedule a telehealth visit, **call 855-293-0340**.

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IMC credentialed clinicians are ready to help your members resolve pain, restore function and get back to the life they want to live. And with Apostrophe, it's all at **\$0 cost to them**. That's just another way we provide better benefits for less money.

Learn more about IMC and all the other digital services standard with Apostrophe's Intelligent Health Benefits today!

**contact us to see if we're the right fit for you**

Email us at **sales@apostrophe.health** to learn more  
or head over to **www.apostrophe.health**

