

## Improving bone & muscle health through personalized care

Muscle, joint and bone pain represent some of the most common ailments people face, yet these conditions often go untreated. From not knowing whether their pain signifies a real problem, to fear of hearing a diagnosis that requires surgery or simply feeling unsure of where to start looking for help, people often live with pain longer than they need to.

At Gravie, we believe our members deserve better, and we're here to guide them along their musculoskeletal journey — whatever it may look like for them.



Beginning this summer, Gravie health plan members will have access to our musculoskeletal clinical navigation service at no additional cost. At the heart of this program, Gravie Care's team of nurses is dedicated to helping members manage pain, increase mobility and improve their bone and muscle health.

### Gravie's holistic approach to care navigation

With visibility into claims data, and provider and pharmacy interactions, Gravie Care nurses have the ability to look at the full picture of an individual's health when making treatment recommendations.

During the underwriting process, our team identifies members most likely to need musculoskeletal intervention and connects them with a nurse right from the start. Members who aren't automatically identified as candidates can also participate in this program by scheduling an appointment through our website or by calling our Health Coaches.

### Support that goes beyond health benefits

Gravie Care nurses manage care for hips, knees, the spine and more — anything involving musculoskeletal conditions. The program includes:

- A personalized care plan that's specific to members' individual health goals, needs and lifestyles.
- Resources for second opinions.
- Identification of treatment options and help determining the best path forward.
- Appointment scheduling.
- Access to providers who specialize in care related to their specific health needs.
- Help finding quality care at a lower cost and understanding cost implications.
- Education on pain management and prevention.
- Referrals for mental health support to address stress and anxiety that can come from managing it all.

## Everybody wins

Helping members live their healthiest lives is just one of the many perks of Gravie's musculoskeletal clinical navigation program. Employers also enjoy significant benefits, including:

- Cost savings.
- Increased productivity.
- Employees who recover and return to work faster.
- Reduction in high-cost medical events, including surgery.
- Happier, healthier employees.

**Gravie meets members where they're at in their health journey, providing support every step of the way.**



**Ready to learn more?**

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