

# **Expanding Our Chronic Condition Management Program with Virtual Physical Therapy and Pain Management**

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March 2023

# An Overview of Medical Mutual's Chronic Condition Management Program

- Digital, telephonic and in-person engagement based on members' health and preferences
- Customized support for members with various chronic conditions including:
  - Asthma
  - Heart Disease
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Diabetes
  - Hypertension
  - MSK / Pain Management (NEW!)
- Multi-chronic programs personalized for complex members
- Digital tracking of key health indicators, such as weight, blood pressure and glucose, integrated into care plans
- Advanced home monitoring services through health system/provider care partnerships for highly complex members with conditions such as heart disease and pulmonary challenges



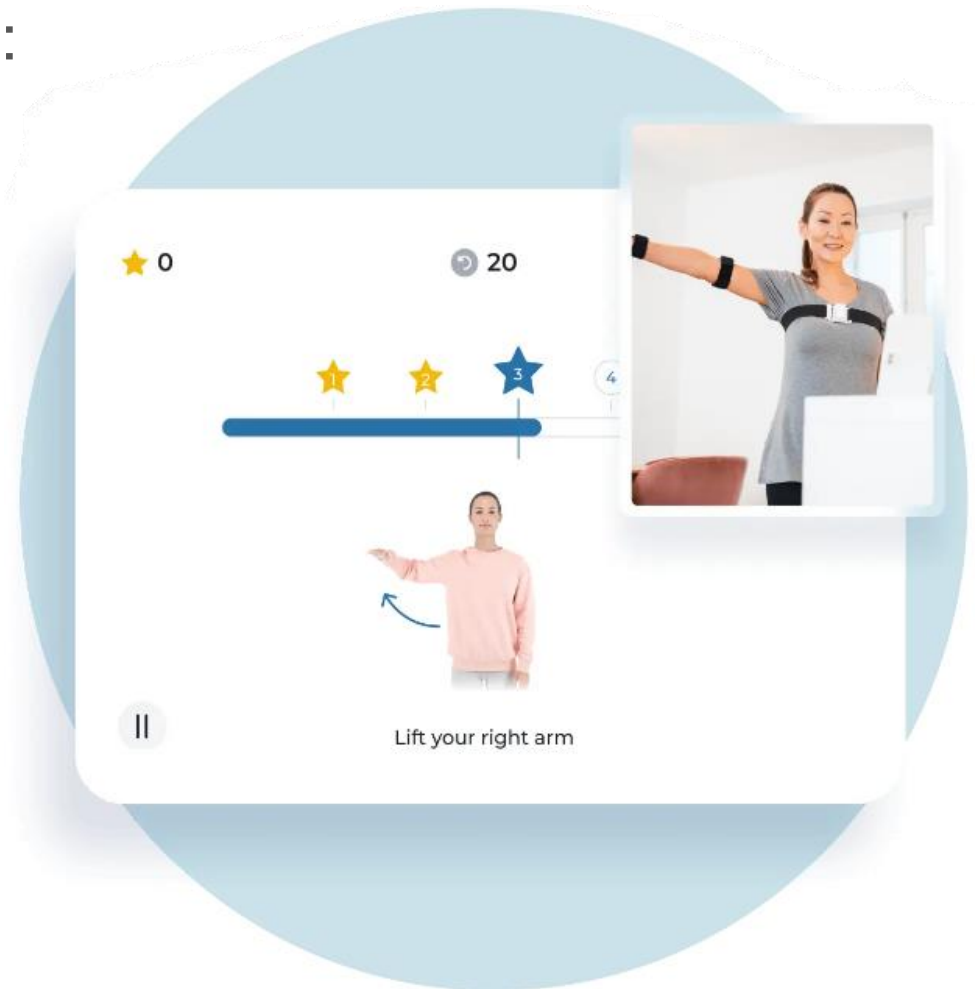
# Introducing sword

- To help members with musculoskeletal conditions, such as chronic low back pain, neck and shoulder pain, and pain from most types of arthritis, digital/virtual physical therapy is being added to Medical Mutual's Chronic Condition Management program through **Sword Health**.
- Sword will be available to **all groups who participate in Medical Mutual's Chronic Condition Management program**, regardless of funding type.
- The physical therapy, programs and practitioners Sword offers are outside a group's regular physical therapy plan benefits and **no additional fees are being charged** to a group for the addition of Sword.
- In addition to digital/virtual physical therapy, Sword offers Bloom, a program specifically for women and individuals with vaginal anatomy (regardless of gender identity) that offers care for pelvic health issues.

**NOTE:** *Bloom will be launching separately from Sword.*

# Member Experience

- SWORD offer's digital coaching and virtual physical therapy solutions to help members:
  - Avoid injury and surgery
  - Reduce pain
  - Decrease reliance on medication
  - Pelvic solutions (Bloom)
  - Increase member satisfaction (Guided PT from home with Real Time feedback)
  - Keep costs down (services are outside of benefit plans)



# Important Information

- No action is needed to add this chronic condition program enhancement which will phase in for all groups regardless of funding type in the first 2 weeks of June.
- This program is being added in at no additional costs to your existing premium (FI groups) or fees (ASO groups)
- Learn more on how the program works and join us at our webinars
  - Monday, May 22, from 2 to 3 p.m.
  - Tuesday May 23, from 11 a.m. to 12 p.m.
  - Thursday, May 25, from 1 to 2 p.m.



**Thank you!**

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