



Musculoskeletal (MSK) conditions remain the number-one driver of healthcare costs nationwide, proof that a piecemeal approach to managing MSK disease across a health plan population is not an effective strategy. Blue Cross of Idaho offers a holistic solution to MSK disease that truly reduces costs and improves member experience.

### Why MSK+?

MSK+ is the only solution bundle in the market for Idaho-based employers that addresses the prevention, early intervention, care navigation, post-intervention aftercare and cost management components necessary to manage MSK disease.

MSK+ is also the most comprehensive solution to offer members tools and resources at each stage of the care continuum to ensure they are supported throughout their wellbeing journey.

### MSK+ solution components

MSK+ benefits both employers and members with the following combination of solutions and services:

- Digital self-directed home exercise and virtual physical therapy (in partnership with Hinge Health)
- Evidence-based weight management, mindful eating and skill-building program (in partnership with Wondr Health)
- Personal training and exercise therapy guidance from Blue Cross of Idaho clinicians
- Utilization management of musculoskeletal procedures, reviewed by the same specialty to meet evidence-based clinical criteria (in partnership with Carelon Medical Benefits Management)
- Specialized care management to help with navigation and the promotion of musculoskeletal conservative care, including care navigation to Blue Distinction Centers
- Tobacco cessation with help from Blue Cross of Idaho wellbeing coaches

# MANAGING MUSCULOSKELETAL CONDITIONS ACROSS THE CARE CONTINUUM



## The MSK opportunity

With MSK+, Blue Cross of Idaho empowers employers to tackle MSK spend and improve member experience by targeting the three root causes of MSK disease: weight, skeletal alignment and diet/lifestyle.

MSK+ takes a holistic approach in addressing MSK conditions.

- Several MSK+ solution components aim to lower the prevalence of costly surgeries through prevention (weight management, tobacco cessation, physical therapy and personal training).
- Our utilization management component ensures that evidence-based practices are being followed and members are getting the right care, at the right time, in the right setting.
- Our care navigation component of MSK+ helps members find care at lower-cost, quality facilities in their network, including navigation to Blue Distinction Centers and Blue Distinction Centers+ when appropriate.

## Improved member experience

Members will get support from Blue Cross of Idaho clinicians and others at every stage of the care continuum. This support addresses specific MSK-related issues and helps members improve their overall health.

Members in need of support elsewhere in their wellbeing journey will be referred to other Blue Cross of Idaho clinical solutions, thanks to the integrated nature of Blue Cross of Idaho's clinical care model.