

Unlock the power of *connected care*

Musculoskeletal disorders are one of your company's biggest health care cost drivers. Connecting your employees' medical plans with their disability plans can help control costs and improve their quality of life.

The impact of musculoskeletal disorders

Musculoskeletal disorders – conditions that affect the muscles, bones and joints – dramatically change the quality of life for your employees and their families. And there's also the financial burden for families and for society at large:



1 IN 2
(124 million) adults have a musculoskeletal disorder, higher than the rate of chronic heart and lung conditions¹



\$980 BILLION
in treatment costs and lost wages due to musculoskeletal disorders¹



19%
of all health care visits (235.1 million a year) are due to musculoskeletal disorders¹



Improving health through *better connections*

Anthem Whole Health Connection[®] is about whole-person health. It makes connections between the medical plan and dental, vision and disability plans, so doctors and care managers have a more complete view of each employee's health. This means:

- Doctors can catch and treat problems earlier and close gaps in care.
- Employees are more engaged with their care providers.
- Care is better because everyone is on the same page.

The result? Better health outcomes, lower costs and a better care experience.

At no additional cost to employers, Anthem Whole Health Connection drives cost savings. The more benefits that are integrated, the more complete the view and the savings will be.

The disability and musculoskeletal connection



Musculoskeletal disorders are the **#1 CAUSE** of lost workdays in the U.S.²



Musculoskeletal disorders are the **#2 CAUSE** of short-term disability claims³



264 MILLION lost work days due to back and neck pain¹

The Anthem Whole Health Connection

Our disability case managers and nurse care managers work together to create stay-at-work or return-to-work programs to fit each employee's unique needs. Disability claims for employees with musculoskeletal disorders may trigger a referral to Anthem Care Management for more support.



25% LOWER medical costs when members with disability claims engage with a nurse care manager⁴

That's **\$8,000 in savings**

The connections make a difference

Care alerts and clinical communications to members, doctors and care managers make a big impact, closing gaps in care and helping employees return to work sooner:



35% of disability claims are received before the employee's first day absent⁴



40% of disability claims are received by the end of the first week⁴



23% of workers return to work early⁴

Anthem Whole Health Connection Better health. Lower costs. Better member experience.

To learn more, talk to your producer or Anthem representative or visit us at specialtybenefits.info/integratedhealthcare.