



MUSCULOSKELETAL BENEFITS MANAGEMENT

Musculoskeletal disorders affect 50% of the U.S. adult population and are a leading driver of employer clinical health care spending, costing an average of \$7,800 per person each year to treat. These disorders negatively impact employees' quality of life, mobility and productivity, resulting in increased absenteeism.¹ In 2020, Blue Cross and Blue Shield of Nebraska's musculoskeletal spine pain management program achieved a 5.2x return on investment.²

▶ **The right care at the right time improves outcomes**

- 18.8% of interventional pain management procedures do not meet medical necessity criteria³
- 23.4% of spine procedures do not meet medical necessity criteria³
- 34% of lumbar spine fusions do not meet medical necessity criteria³

By leveraging clinical expertise, Blue Cross and Blue Shield of Nebraska (BCBSNE) can help manage variation in care, reduce unnecessary surgery and member discomfort and reduce costs for employers by ensuring appropriateness of:

- Surgery
 - Lumbar
 - Cervical spine
- Interventional pain management procedures
 - Epidural injections
 - Facet joint injections
 - Facet neurolysis
 - Sacroiliac joint injections

▶ **Musculoskeletal disorders cost drivers are here to stay. Are you prepared?**

Ensuring employees get the right care at the right time minimizes the impact to your bottom line. BCBSNE's benefits delivers value through:

- ▶ **In-depth specialty reviews** to facilitate accurate determinations
- ▶ **Specialty surgeon consultations** to help ensure quality of care, prevent inappropriate procedures and reduce potential morbidity
- ▶ **Powerful analytics and evidence-based guidelines** that determine ideal procedure and minimize unnecessary care

Healthy employees are happier, more engaged and able to do their jobs more effectively.

For more information, call or email your BCBSNE team.

¹American Academy of Orthopaedic Surgeons. (2016, March 1). One in two Americans have a musculoskeletal condition: New report outlines the prevalence, scope, cost and projected growth of musculoskeletal disorders in the U.S. *ScienceDaily*. Retrieved July 12, 2018 from www.sciencedaily.com/releases/2016/03/160301114116.htm

²BCBSNE data Sept 2020- May 2021 with 90 days run out through Aug. 2021

³BCBSNE authorization data, Jan. 1, 2020-Dec. 31, 2020