



BACK AND JOINT CARE

Low-cost, convenient support for back and joint pain



1/3

of U.S. adults suffer from musculoskeletal complaints¹

\$290M

in lost workdays annually given that musculoskeletal pain is the second-leading cause of workplace absenteeism¹

\$96B

spent annually on low back pain alone¹

Back and Joint Care is a low-cost, exercise-based treatment plan coupled with help and monitoring from certified health coaches. Health coaches personalize video programs to fit each member's needs. A typical program may take 4-8 weeks to work through, but members have access to the materials for a full year to cover potential relapses and to reinforce a healthy lifestyle.

Back and Joint Care is provided through a partnership with Orbit Telehealth, a virtual back and joint pain program developed from over 100 clinical studies of the treatment and management of joint pain including neck, back, hip, knee and shoulder pain.

How it works



Initiation

The member completes a five-minute health assessment via their phone, tablet or computer.



Recommend

Qualified members are given a custom program.



Support

Consults with a health coach can be scheduled by chat or phone as the member needs support.



Resolution

Programs may take 4-8 weeks, but members have access to the training sessions and support for one year.



This would not have worked for me without the personal support. I'm more knowledgeable about how to take care of my back, and my confidence is much higher. My back feels better than it did before I injured it.

Larry, Back and Joint Care member

Benefits

Better adherence

Health coaches are available by chat and can schedule consultations as needed, which helps keep members on track.

Simple and effective

Members can access content at their convenience and easily follow exercise videos online.

Reduced costs

Back and Joint Care costs less than traditional physical therapy and increases productivity due to less absenteeism, saving clients even more.

Members get results from Back and Joint Care²:



HAVE REDUCTION IN PAIN AFTER 3 VISITS



HAVE LESS PAIN AT THEIR THIRD WEEKLY ASSESSMENT



REPORT TAKING FEWER PRESCRIPTION PAIN MEDICATIONS



REDUCTION IN PAIN REPORTED BY MEMBERS OVERALL

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¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7641180/>

²Statistics taken from Orbit Telehealth BoB

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About Teladoc Health: Teladoc Health is transforming the healthcare experience and empowering people everywhere to live healthier lives. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages more than a decade of expertise and data-driven insights to meet the growing virtual care needs of consumers and healthcare professionals.

