



New Employee Benefit Physical & Occupational Therapy Benefits

Athletico is **waving co-payments and co-insurance** for physical or occupational therapy services for all employees and eligible dependents covered under the Athletico Employee Health Plan.

Musculoskeletal pain affects the bones, muscles, ligaments, tendons, and nerves. Musculoskeletal conditions are the costliest and most rapidly growing group of diseases. According to the World Health Organization, musculoskeletal conditions are the leading contributor to disabilities worldwide, with low back pain being the single leading cause of disability globally. Musculoskeletal conditions and injuries are not just conditions of older age; they are prevalent across the life-span. Musculoskeletal conditions are manageable and physical and occupational therapy has proven to be safe, effective, and affordable.

Physical and occupational therapy is one of the best healthcare choices you can make to treat musculoskeletal pain at its source. This is why Athletico is offering to **waive co-payments and co-insurance** to all employees when receiving physical or occupational therapy at Athletico clinics regardless of the condition.

Our team is committed to helping you overcome pain and injuries so you can return to day-to-day work and recreational activities and remain at your optimal health without further risk of injury.

Additionally

If you are experiencing back pain, we encourage you to join our **lower back pain pilot program**. Early physical therapy intervention reduces the incidence of more costly surgical procedures and post-acute care. Initiating physical therapy for patients with acute lower back pain within 14 days of symptom onset has been shown to result in lower medical costs across the continuum of care, relative to similar patients who delay the start of physical therapy intervention. This program offers the same quality services to improve your condition and will also help gather data to prove how physical therapy at Athletico can decrease healthcare costs, minimize opioid exposure and the need for surgery or extensive imaging including X-rays, MRIs and CT scans.



Save Money!

Our medical plans are specifically designed so that you will **pay less** for physical therapy services at Athletico than you would at any other provider!

Don't wait to feel better!

To schedule your assessment, call your local Athletico location or dial **877.ATHLETICO (284.5384)**. We'll see you fast — sometimes the same or next day — but always in the next 24–48 hours!



Back Pain Symptoms Include

- Muscle spasms/tension
- Low/mid back or neck pain
- “Pinching” in the neck/back
- Chronic pain conditions
- Numbness and/or tingling of arms and/or legs

Benefits of Physical Therapy

- **Safe:** Movement and exercise are utilized to minimize opioid use and decrease the risk of addiction
- **Affordable:** Accessing a physical therapist first before other treatments results in an average 72% lower costs within the first year of seeking care
- **Effective:** Physical therapy with active care results in lower cost and quicker outcomes than with passive care

Joining the Lower Back Pain Pilot Program is Simple!

1. Schedule an appointment at your local Athletico clinic
2. Let them know you are an Athletico Employee Health Plan beneficiary
3. Agree to support our profession and be a part of the lower back pain pilot program