

# The right treatment path starts here.



Cigna Pathwell Bone & Joint®, a Condition-Specific Care program, helps members with spine, knee, hip or shoulder pain find optimal care, and lower total medical costs.

Using predictive analytics, Pathwell Bone & Joint identifies members at risk of surgery up to a year in advance and proactively reaches out to these members by email to help reduce the need for unnecessary surgeries. Whether surgery is needed or not, Pathwell Bone & Joint provides a digital-first, clinical navigation experience supported by a dedicated Clinical Care Advocate who helps members make the right decisions about their care based on where they are in their journey.

Pathwell Bone & Joint Capability	Available in markets with or without Pathwell Bone & Joint Designated Providers <sup>1</sup>
<b>Predictive analytics</b> identifying members at risk of spine, knee, hip, or shoulder surgery in the next year	Yes
<b>Dedicated Clinical Care Advocate</b> that offers: <ul style="list-style-type: none"> <li>• Clinical navigation</li> <li>• Symptom management support</li> <li>• Support before, during and after treatment or surgery (when applicable)</li> <li>• Guidance to appropriate in network providers based on medical across all provider specialty types such as primary care, urgent care, physical therapy, chiropractor, orthopedics, neurosurgeon, etc</li> <li>• Benefit education</li> <li>• Treatment options guidance</li> </ul>	Yes
<b>Digital-first experience</b> that provides: <ul style="list-style-type: none"> <li>• Proactive email outreach to at-risk members</li> <li>• Digital messaging with Care Advocate</li> <li>• Personalized care pathways, activities, guidance &amp; support for conservative care (non-surgical) and surgical care</li> <li>• Enhanced find care experience and provider search</li> </ul>	Yes
Up to <b>5 PT visits covered</b> at 100% (after HSA plan deductible and when program requirements are met) <i>Available to ASO clients only 1/1/24</i>	Yes
<b>When surgery is needed:</b>	
<b>\$0 surgery benefit</b> with Pathwell Bone & Joint Designated Provider; including orthopedic surgeons and neurosurgeons (after HSA plan deductible and when program requirements met)	Yes - if the member is able to travel to a Pathwell Bone & Joint designated provider <sup>2</sup>

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Offered by Cigna Health and Life Insurance Company



Pathwell Bone & Joint Capability	Available in markets with or without Pathwell Bone & Joint Designated Providers <sup>1</sup>
<b>Travel benefit of up to \$600<sup>3</sup></b> for surgery with a Pathwell Bone & Joint designated surgeon more than 60 miles from home	Yes
<ul style="list-style-type: none"><li>• Access to in-network surgery benefits when non-Pathwell Bone &amp; Joint designated provider is used<ul style="list-style-type: none"><li>◦ Includes guidance to:<ul style="list-style-type: none"><li>■ Tier 1 providers</li><li>■ Cigna Healthcare Care Designated (CCD) providers</li><li>■ Other in-network providers</li></ul></li></ul></li></ul>	Yes

**Pathwell Bone & Joint helps members** with spine, hip, knee, or shoulder pain to get them on the right treatment path and reduce unnecessary surgeries by guiding to the conservative care path when appropriate. We use an evidence-based approach to create personalized activities focused on:

- Guiding members to the right type of care (surgical vs. non-surgical)
- Physical therapy through in person and virtual providers available in the Cigna Healthcare<sup>SM</sup> network
- Activities and exercises to help members safely improve/increase mobility
- Pain management education
- Behavioral comorbidity support
- Healthy lifestyle support including education on lifestyle factors and referrals to available programs to help address weight loss, nutrition, stress management and/or tobacco cessation

 **To learn more, contact your Cigna Healthcare representative.**



1. Availability of designated providers will expand over the next few years.
2. If the member is unable to travel to a designated Pathwell Bone & Joint provider, they will not qualify for the \$0 surgery benefit and standard benefits will apply. There will be no penalty for choosing an in-network, non-Pathwell Bone & Joint designated provider.
3. After qualifying for \$0 surgery benefit, amount varies based on factors such as treatment plan, location and duration of facility stay. Benefit applies when program participation criteria is met and after plan deductible if HSA plan.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations.

For costs and details of coverage, contact a Cigna Healthcare representative.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company (Bloomfield, CT) or their affiliates. In Utah, plans provided by Cigna Health and Life Insurance Company. Policy forms: OK – HP-APP-1 et al., OR – HP-POL38 02-13, TN – HP-POL43/HC-CER1V1 et al. (CHLIC); GSA-COVER, et al. (CHC-TN).