

ASHCare™

Digital MSK Clinical Program

Delivering the Best of the Clinic to the Home



A Flexible Approach

A member-centered, digital musculoskeletal (MSK) program that offers members the care choices they want and need.



Seamless Integration

The ASHCare™ program creates a cohesive member experience by linking out to health plan resources and referring members to care advocates, case managers, and other programs.

The ASHCare program may contract with the health plan as either a provider group or a vendor agreement.

Clinical Core Offering

Live Virtual Physical Therapy and Occupational Therapy

- Live, virtual sessions with the same physical or occupational therapist
- Ongoing contact with provider between sessions via HIPAA-compliant emails or phone calls
- Custom home exercise programs tailored to their needs
- \$60/session (paid as a claim)

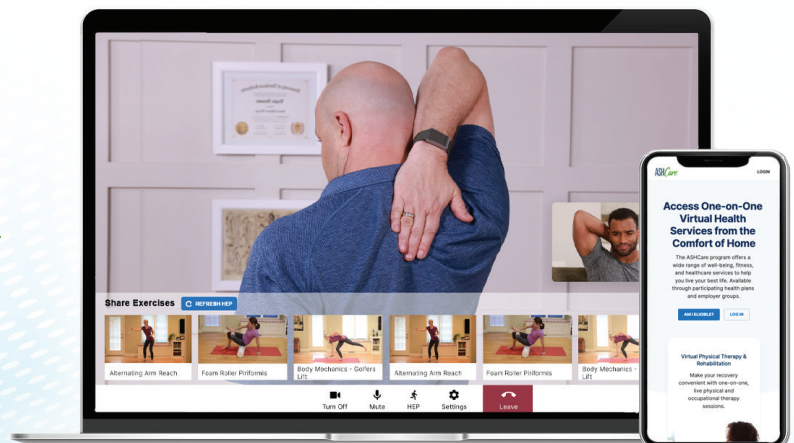
AI-Enabled Digital Experience

- A self-guided program for injury recovery, managing chronic pain, and fitness improvement
- Members receive personalized daily action plans curated by a physical therapist
- **No cost to the health plan**

Digital Fitness and Self-Care Resources

- 12,000+ digital workout and self-care videos and 2,400+ recovery-focused videos
- Motivational, behavioral, and physical health educational resources
- **No cost to the health plan**

**Up to 70% Savings
Compared to Other
Digital MSK Programs¹**



Health Plan Option

Live Virtual Coaching

- Clinical Health Coaches provide one-on-one cognitive behavioral coaching to help members reframe the way they think about and manage pain
- Members can get support in preparing for and recovering from surgery
- \$60/session



Consumer Self-Pay Options

The Active&Fit Direct™ Program

- A consumer self-pay fitness program for \$28/month²
- Enrolled members can access over 12,000 standard fitness centers nationwide and change fitness centers at any time
- No long-term contracts
- **No cost to the health plan**

Discounted Fitness and Wellness Products

- The BuyHealthy™ Marketplace gives members 10% – 50% discounts on popular health, wellness, and fitness brands
- **No cost to the health plan**



Technology-Driven, Evidence-Based Programs with Exceptional Pricing

American Specialty Health (ASH) is one of the nation's largest independent administrators of physical therapy, occupational therapy, chiropractic, acupuncture, and other services. Over 60 million members are covered by ASH services via 250+ health plans nationally. Member satisfaction for ASH musculoskeletal provider networks is 98%.³ ASH has over 37 years of experience managing specialty provider networks and is accredited by NCQA and URAC and certified by HITRUST.

ASH was the first organization to receive the telehealth accreditation from URAC.

ASH also operates one of the nation's largest corporate fitness network programs covering millions of members with 94% average member satisfaction.⁴ ASH is projected to post \$970+ million in annual revenue in 2024 and has 1,700+ employees nationally.



Contact us for more information

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Call: **855.328.2746**

A PRODUCT OF
 American Specialty Health[®]

Pricing as of July 2024. Subject to change.

¹Based upon publicly available information.

²Monthly fees are subject to applicable enrollment fees and taxes.

³2023 independent survey by Consumer Assessment of Healthcare Providers and Systems.

⁴Based on ASH proprietary surveys.

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