



# ***Virtual Physical Therapy and Occupational Therapy***

*Delivering the Best of the Clinic to the Home*



**The ASHCare™ program** improves the Virtual Physical Therapy and Occupational Therapy patient experience and is **30% – 40%** less expensive per visit compared to in-network, clinic-based physical therapy and occupational therapy services.<sup>1</sup>



## 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
- Up to \$60/session (paid as a claim)

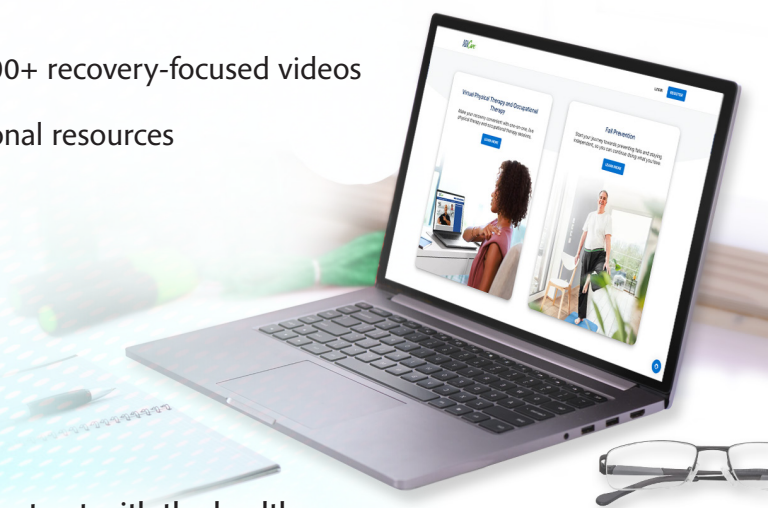
### *Healthcare Compass: Digital MSK Recovery (1/1/2026)*

- 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*

- 14,000+ digital workout and self-care videos and 2,800+ 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 Programs<sup>2</sup>**



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

# Health Plan Options

## **Live Virtual Cognitive Behavioral Coaching (1/1/2026)**

- 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

## **Live MSK Concierge Support**

- High-touch member support from first encounter
- Available throughout the course of their experience
- Interpretation services available
- Member availability to Concierge through email, chat, and toll-free number

# Consumer Self-Pay Options

## **The Active&Fit Direct™ Program : Discounted Gym Memberships, Digital Videos, and 1:1 Coaching**

- A consumer self-pay fitness program for \$28/month<sup>3</sup>
- Enrolled members can choose from 12,000 standard fitness center options nationwide and change fitness centers at any time
- No long-term contracts
- **No cost to the health plan**

## **The BuyHealthy™ Marketplace: Discounts on 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 51 million members are covered by ASH services via 250+ health plans nationally. Member satisfaction for ASH musculoskeletal provider networks is 98%.<sup>4</sup> 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.<sup>5</sup> ASH reported \$982+ million in annual revenue in 2024 and has 1,700+ employees nationally.



### ***Contact us for more information***

Email: **Info@ASHCare.com**

Call: **855.328.2746**

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Pricing as of July 2024. Subject to change.

<sup>1</sup>Based upon internal data comparison of annual claims expense for freestanding physical therapy and occupational therapy locations.

<sup>2</sup>Based upon publicly available information.

<sup>3</sup>Monthly fees are subject to applicable enrollment fees and taxes.

<sup>4</sup>2023 independent survey by Consumer Assessment of Healthcare Providers and Systems.

<sup>5</sup>Based on ASH proprietary surveys.

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