



## ***Pain Management Programs for Health Plans***

American Specialty Health (ASH) offers Commercial, Medicaid, and Medicare Advantage health plans a comprehensive, non-medication-focused pain management program. This program provides access to a broad spectrum of pain management services. The ASH pain management program will help members manage pain for acute and chronic conditions by offering evidence-based, affordable, and conservative care that improves quality of life for members while decreasing overall health care costs.

ASH offers various financial models including per-member-per-month and annual case rate ASO and at-risk options.

- **National Provider Networks\*** that give members access to evidence-based chiropractic, acupuncture, and massage therapy provider networks.
  - Offers flexible benefit design, clinical performance system, medical necessity review, and claims administration.  
*\*Physical and occupational therapy provider network is also available in 35+ states.*
- **National Virtual Physical Therapy and Occupational Therapy program** gives members the opportunity to work with licensed physical and occupational therapists online for a broad range of conditions and services.
- **Virtual Pain Management Health Coaching** offers members an easily accessible pain management program online and by phone. Nurses use behavioral science techniques including cognitive behavioral coaching to help members learn to reframe their pain experience and re-engage in a full and active life.
- **Healthcare Compass™** A Member Self-Guided Program for Injury Recovery, Managing Chronic Pain, Preventing Injury and Fitness Improvement: Members receive a personalized daily action plan. The simple calendar format provides a comprehensive program including specific exercises, self-care and recovery videos, and educational resources to set each member up for success.
- **Digital Fitness and Self-Care Resources** support the ASHCare experience with 14,000+ workout videos and 2,800+ recovery-focused videos developed and produced by physical and occupational therapists. Movement and activity are critical components of pain management solutions.

**The ASHCare™ program supports referrals back to the health plan's case management to assist with care coordination.**

**Learn more about ASH programs for your populations.**

**Email:** [EmpoweringYou@ashn.com](mailto:EmpoweringYou@ashn.com) | **Phone:** 855.328.2746

- **Connected! Feature:**

A tool that helps members track their exercise and activity using one of 250+ wearable fitness trackers and mobile applications, or by completing digital fitness workout sessions or individual exercise videos. Activity data is collected and results are displayed on ActiveandFit.com. The Connected! feature includes a data standardization tool and activity tracker.

- **Educational Resources for Health Plans:**

The ASHCare program partners with health plans in developing content and information to educate members about the program and support the health plan's outreach and engagement. The ASHCare program also trains health plan program staff on the available ASH pain management program services and procedures to refer members to other health plan resources.

- **Fitness Program Options:**

The **Active&Fit Direct™** program is integrated in the ASH pain management program to offer a member-self pay fitness membership at no cost to the health plan. Members can choose from 22,500+ gym options in our national network. Members can switch gyms and cancel with ease.

The **Active&Fit Enterprise™** program is one of the broadest exercise programs that includes 23,500+ fitness centers, optional home fitness kits, on-demand workout videos, and workout plans. The Active&Fit Enterprise program may be fully or partially subsidized by the health plan.

Fitness programs are essential to improving members' health and well-being, and supplement the care members receive from their specialty health care providers.

### Network choices include:



**Learn how the ASH pain management program can deliver comprehensive MSK and physical medicine solutions for your member populations.**

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American Specialty Health is a national, tech-enabled health services company that offers benefit management, network management, and provider groups for musculoskeletal health care. ASH offers an integrated delivery system including national provider and facility networks, coaching, digital, virtual, and self-care resources. ASH provider networks include 145,000+ physical therapists, occupational therapists, speech language pathologists, chiropractors, acupuncturists, therapeutic massage providers, and fitness centers and exercise studios. ASH covers 55+ million members for hundreds of health plans nationally. ASH is accredited by NCQA, URAC, and HITRUST.

**ASH has spent over 37 years innovating, developing, and delivering musculoskeletal-related programs anchored by clinical evidence.**

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