

Empowering Better MSK Outcomes

BRMS and HealthJoy: Partnering for Accessible, Affordable Care

Reduce musculoskeletal (MSK) spend with Virtual MSK Therapy through BRMS' partnership with HealthJoy.

One Reimagined Solution for MSK Needs

Did you know that BRMS clients who do not have HealthJoy MSK spend an average of \$100 PEPY more on avoidable spend than those who've had HealthJoy MSK for 12+ months? A leading driver of U.S. healthcare costs, MSK conditions significantly impact employees' overall wellbeing and result in an average spend of \$7,800 PEPY for employers.

HealthJoy's revolutionary approach to MSK care is a virtual solution based on 30 years of neuroscience and 15 years of exercise development, ensuring dramatically improved outcomes—with an average cost savings of \$2,572 per participant for employers.

82%

Pain Reduction

95%

Member Satisfaction

85%

Function Improvement

Exploring Virtual MSK Therapy

HealthJoy provides Industry-leading outcomes for back, joint, and pelvic health, addressing prevention, chronic pain, and surgery.

- ✓ Market-leading results
- ✓ Personalized programs
- ✓ Convenient, seamless experience
- ✓ Cost-effective and 3x ROI

MSK Success with 45 BRMS Clients

- ✓ 83.3% Average Pain Reduction
- ✓ 45.3% Surgery Likelihood Reduction



"I thought that I would never get my life back... [I]t has given me my life back. That was a gift I didn't think I would ever get."

- BRMS Member

Partnering for Personalized Care

How Virtual MSK Works

Step 1: Log into the HealthJoy Website

Access the program through msk.healthjoy.com and enter your email address or cell phone number.

Step 2: Intake Survey

Complete a 5-minute intake survey for better understanding of your unique situation.

Step 3: Introductory Call

You'll be paired with a personal coach and schedule an introductory phone call.

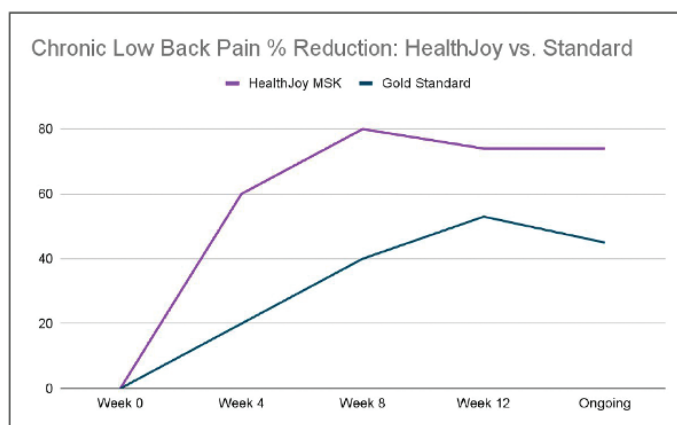
Step 4: Personalized Exercise Therapy

Your coach will design a personalized plan with exercises that can be done at home or on-the-go, and provide support throughout the program until you've achieved your goals.

Step 5: Maintenance

Your coach will provide maintenance exercises once you've completed the program. With easy integration, HealthJoy MSK is accessible across smartphones, tablets, and desktops.

HealthJoy's Unique Effectiveness



Corey Rovzar, PhD, DPT, Efficacy of the HealthJoy Digital Care Program in Improving Chronic LBP, September, 2023. 80% of participants achieve their goals at week 8; those who continued to week 12 took longer to achieve outcomes

Start Empowering Better MSK Outcomes Today

Whether you're struggling with pain, recovering from surgery, or simply want to prevent future pain and injury, the answer is right around the corner. Reach out to sales@brmsonline.com to learn more about how this program can reduce costs and improve outcomes for members today!



Scan the QR Code or visit brmsonline.com to find out how BRMS can support you!