Blue Cross Blue Shield of Michigan

Spine and Joint Care Program

127 million people in the United States live with a condition that affects their muscles, bones, joints and issues with tendons and ligaments*. If you are someone who suffers from these conditions, you know the pain and discomfort that it can cause you. Blue Cross wants to make sure that you get the care you need, that it's safe, medically necessary and will lead to the best possible outcomes. That's why we worked with experts in the field, including our health care providers, to develop our Spine and Joint Care program.

*Source: American Academy of Orthopaedic Surgeons, March 2016

The program is designed with you in mind – to help make sure you get the right care, with the right health care providers.

What type of conditions are considered spine and joint?

These are often called **musculoskeletal conditions** and can include things like:

- **Injuries** – fractures, sprains, strains and tears of tendons and ligaments
- **Degenerative conditions** such as chronic low back pain
- **Chronic overuse** or repetitive strain injuries

Ensuring quality and safety while getting you appropriate care

Through the **Spine and Joint Care program**, you can rest easy knowing that Blue Cross makes sure your care follows guidelines that are used by health care professionals across the country. In this program, when you need treatment for a spine and joint issue, we work with your doctor to make sure that the procedures and services you get are necessary, safe and will deliver the best possible outcomes. We do this through our MSK Surgical and Quality Management Program, where orthopedic specialists help review cases to ensure members receive optimal care and can achieve the best possible outcomes. You may even be able to avoid costly and painful surgeries. Our goal is to get you back to your daily routine with as little pain as possible.

Working with health care providers to find you the answers you need

Blue Cross Blue Shield of Michigan will help connect you with high-performing providers in Michigan and even facilities out of state who have a lot of experience in treating your condition. In addition, because these providers are such experts in treating these conditions, they know how to help you get the care you need.

You can find one of these providers yourself by logging into your member account at **bcbsm.com**, using our mobile app or going to the *Find A Doctor* tool at **bcbsm.com**. Look for health care providers who are designated as a *Spine Care Program Participant* or a *Knee/Hip Care Program Participant*.

We're here for you

No matter what issue you may be experiencing, Blue Cross is here to help. If you think you may be interested in learning more about our Spine and Joint Care program, contact us at **bcbsm.com/painmanagement**.

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