

Regenex^x at Work

JANUARY 2025 | VOLUME 29

KEY TAKEAWAYS:

- In 2025, upgrade your MSK benefit and join the 2,000+ self-funded companies reducing MSK spend while providing an option employees value
- Procedures using Regenexx injectates provide a high-value, high-quality alternative to surgery
- Contact our Corporate Sales Team for resources to support your conversations about the Regenexx benefit



How to Level Up Your 2025 Benefits Plan

The new year is always a great opportunity to press the reset button, get a fresh take, and figure out how to level up. The same can be said for your 2025 benefits plan.

When it comes to finding ways to **upgrade your musculoskeletal (MSK) benefit and add value**, offering the Regenexx benefit is one way to level up.

The Regenexx approach is an innovative option in the MSK continuum of care using precise, image-guided injections of the patient's own cells.

These procedures can take over when conservative care like physical therapy (PT) falls short and provide an alternative to surgery.

In fact, procedures using Regenexx injectates can²:

- Intervene on up to 70% of unnecessary MSK surgeries
- Reduce the cost of individual surgeries by up to 70%

Why offering a bridge between PT and surgery is more than a "nice to have"

For one, PT is not a cure-all for MSK issues.³⁻⁷ What's more, if it fails, people are frequently fast-tracked into surgery, which is often a high-risk, low-value proposition.

The ends (surgery failures or unchanged outcomes) may not always justify the means (highly invasive procedures, significant recovery time, etc.).⁹⁻¹¹

- Also, surgery and related costs add up quickly. (Related costs can include everything from medication to follow-up visits, time off from work, decreased productivity, and more.)
- Last but not least, as healthcare costs continue to skyrocket¹², it's crucial to offer valuable solutions without sacrificing quality. The Regenexx approach is such a solution.

One thing brokers and plan leaders ask us is "A lot of people assume surgery is the only option. How can I explain the Regenexx benefit, especially since it's different?"

The Regenexx Corporate Sales Team is happy to help. They can provide several resources upon request to **help you introduce and discuss the Regenexx benefit—confidently and correctly**. See some of our top client communication resources below.

Contact Our Corporate Sales Team

Regenexx Client Communication Resources

Regenexx Broker Playbook Our #1 go-to guide for brokers that makes the complex simple. Learn how to introduce the Regenexx benefit to clients. 	Regenexx Impact Study An overview of the savings opportunity for clients plus summary materials for client meetings
Client meeting support	Regenexx webinars
• Assistance from a Regenexx	• Info about the Regenexx
Corporate Sales Team member, who	benefit, Q&A, and tips on how
can present <i>Regenexx Impact Study</i>	to talk about it with clients and
findings to clients in your meetings	colleagues

What is the **Regenex** Corporate Program?

The Regenexx Corporate Program provides **MSK cost savings** for self-funded employers. According to a Validation Institute cost-savings analysis, procedures using Regenexx injectates were ~50% less expensive than the surgery avoided.²

The program continues to see traction among employers, brokers, and third-party administrators who have chosen to partner with us. The Regenexx benefit is no cost to add and simple to include in any self-funded healthcare plan.

Learn how adding the Regenexx benefit can **reduce costs by up to 70%** on individual surgeries while offering members a new option in care.¹

Contact a Regenexx Corporate ///
 Program Sales Representative







877-341-5968

The doctors featured are independent contractors who have licensed intellectual property from Regenexx for the preparation of medical injectates. The inclusion of these doctors is solely for informational purposes, and nothing in this newsletter content or other marketing materials should be interpreted as establishing an employer-employee relationship, partnership, or agency between Regenexx and the doctors. Likewise, these doctors are not professionally trained or licensed by Regenexx.

Cost avoidance estimates for individual groups are not reflective of the potential cost avoidance estimates for another group. Any estimate of cost avoidance for a group is specific to their employee population. To understand how your company's surgical experience may relate to the Regenexx approach, you can request a <u>Regenexx Corporate Program Impact Study</u>.

Cost savings estimates: Physicians within the licensed Regenexx network indicate the surgical procedure for which Regenexx provider patients are a candidate. The Regenexx Corporate Program then measures the actual cost of the procedure using Regenexx lab processes against the cost of the surgical alternative. While the Regenexx Corporate Program does post service reviews and assess a percentage of Regenexx provider patients, not all these cases have been verified by a third party. Fair cost estimates based on Denver, CO ZIP code. In some cases, a generic "arthroscopy" cost estimate had to be used when a detailed condition-specific estimate was unavailable.

Like all medical interventions, procedures using Regenexx lab processes have a success and failure rate. Regenexx provider patient reviews and testimonials in this email should not be interpreted as a statement on the effectiveness of regenerative therapy for anyone else. Industry professional reviews and testimonials reflect the experience of that entity with the Regenexx Corporate Program. To discuss what a partnership with Regenexx could look like for your company or client, <u>contact our team</u>.

The information provided by Regenexx is for informational purposes only and is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Regenexx is not a teaching institution or medical practice, and does not engage in the training of physicians or the practice of medicine. Physicians listed on the Regenexx websites are independent contractors who have licensed certain Regenexx intellectual property. Nothing on the Regenexx webpages, the Regenexx blog, any informational videos, or other marketing materials should be interpreted as endorsing a particular physician or establishing an employer-employee, partnership, or agency relationship between Regenexx and any physician.

References

1. Regenexx data on file.

2. Validation Institute. Validation Report. Published 2023. Accessed May 14, 2024.

3. Testa M. Digital Physical Therapy is a good start but needs more built around it to be comprehensive [...] *LinkedIn*. July 2024. Accessed July 17, 2024. <u>https://www.linkedin.com/posts/marktesta-dc-mha_msk-regenerativemedicine-employeebenefits-activity-</u> <u>7215753737137455104-3pfg?utm_source=share&utm_medium=member_desktop</u>

****\\\\\ //////////////\\\///\\\

4. University of Utah Health. *Health Library*. Treatments for chronic back pain when physical therapy and ibuprofen isn't enough. June 21, 2023. Accessed July 18, 2024. <u>https://healthcare.utah.edu/the-scope/health-library/all/2023/06/treatments-chronic-back-pain-when-physical-therapy-and</u>

5. Powell JK, Schram B, Lewis J, Hing W. "You have (rotator cuff related) shoulder pain, and to treat it, I recommend exercise." A scoping review of the possible mechanisms underpinning exercise therapy. *Musculoskelet Sci Pract.* 2022;62:102646.

6. Lyng KD, Andersen JD, Jensen SL, et al. The influence of exercise on clinical pain and pain mechanisms in patients with subacromial pain syndrome. *European Journal of Pain*. 2022;26(9):1882-1895.

7. O'Shea A, Drennan J, Littlewood C, Slater H, Sim J, McVeigh JG. Barriers and facilitators related to self-management of shoulder pain: a systematic review and qualitative synthesis. *Clin Rehabil.* 2022;36(11):1539-1562.

8. Ortega-Castillo M, Cuesta-Vargas A, Luque-Teba A, Trinidad-Fernández M. The role of progressive, therapeutic exercise in the management of upper limb tendinopathies: A systematic review and meta-analysis. *Musculoskelet Sci Pract.* 2022;62:102645.

9. Baber Z, Erdek MA. Failed back surgery syndrome: current perspectives. J Pain Res. 2016;9:979-987.

10. Sihvonen R, Paavola M, Malmivaara A, et al. Arthroscopic partial meniscectomy versus sham surgery for a degenerative meniscal tear. *N Engl J Med.* 2013;369(26):2515-2524.

11. Tilbury C, Leichtenberg CS, Tordoir RL, et al. Return to work after total hip and knee arthroplasty: results from a clinical study. *Rheumatol Int.* 2015;35(12):2059-2067.

12. PwC. *Medical cost trend: behind the numbers 2025.* 2024. Accessed September 13, 2024. <u>https://www.pwc.com/us/en/industries/health-industries/library/behind-the-numbers.html</u>

Regenexx will never sell your information and is committed to your privacy. Read about our <u>Privacy Policy</u>, the way we use information, and our commitment to data security.

If you decide that you're no longer interested in receiving the Regenexx at Work Newsletter, we'll be sorry to see you go. Please reply to this email to let us know you'd like to opt out of receiving future issues of the Regenexx at Work Newsletter.

