



Pain is frustrating.

Getting answers about how to treat it shouldn't be.

Introducing the Orthopedic Health Support (OHS) program

If you're looking for information and support to relieve back, knee, or hip pain, we are here to help. UMR partners with Optum's Orthopedic Health Support program. It's already a part of your benefits, so there's no extra cost. We will support you with quality care so that you can get back to your favorite activities. Optum's Orthopedic nurse team helps you understand your treatment options, decide where to go for care, and enjoy a shorter recovery.

Who benefits?

People with back, knee, or hip pain who are looking for information about:

- Spine fusion surgery
- Spine disc surgery
- Total hip replacement
- Non-invasive therapy options
- Physical therapy treatments
- Total knee replacement

How does the benefit work?

You and a nurse will discuss your current activity levels and how much pain you have. Then, you'll go over all of your treatment options (surgical and non-surgical) to help you make an informed decision. Depending on your needs, you may also talk about:

- Managing your pain and care
- Any other health conditions that may pose a risk (such as diabetes, heart disease or lung disease)
- Additional testing or consultations you might need
- Available family or caregiver support during your recovery

Where can I go for treatment?

Optum's orthopedic nurses will guide you to quality care at Optum's Centers of Excellence facilities, ensuring you get the best care possible!



Less pain is within reach.

The Orthopedic Health Support Program

**1-888-936-7246,
TTY 711**

Monday–Friday
7 a.m. – 6 p.m.
Central time



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