



# Orthopedic Support with Specialist Management Solutions

## Support your musculoskeletal needs

Bone, joint, ligament, tendon or muscle pain may be overwhelming. Fortunately, Specialist Management Solutions (SMS) Advocates can help schedule educational consults with a local musculoskeletal specialist, serve as a single point of contact throughout your care journey, and provide direction to other programs in your health plan benefits. SMS is available through your health plan, at no additional cost.

## How Does it Work?

- 1** Contact an SMS Advocate/Nurse to learn more about a specific diagnosis, ways to manage musculoskeletal pain, and understand treatment options to then discuss with your treatment provider.
- 2** Work with the SMS Advocate/Nurse to locate an in-network provider so you can determine the site of care for your musculoskeletal care needs.
- 3** SMS Advocates can remain in touch throughout the health journey – from the first call, all the way through recovery, if needed.

## What to Expect



Access to orthopedic nurses for 1-1 coaching on digital exercise therapy program options, pre/post-surgery counseling, or a consult for a second opinion.



Enhanced support and resources.



Payment savings options.



Greater access to specialty care.

[Learn More](#)

Call 800-379-6898 and ask to speak with an SMS Care Advocate