



Focused Health Solutions

Back and Neck Pain

Focused Health Solutions' Back & Neck Pain Program is an invaluable resource designed to help individuals who have been diagnosed with chronic back and/or neck pain. Our clinical team assists participants through high-touch interventions that are proven effective and measurable in better management of chronic back and/or neck pain.

Focused Health Solutions, through enhanced education and personalized coaching, assists in minimizing complications and provides much-needed education and answers. Information provided to individuals for support is based on nationally accepted evidence-based practice guidelines and literature.

Back and Neck Pain Facts

Back Pain

- Statistics show that backaches result in the loss of approximately 175 million work days which, in turn, results in a \$20 billion loss in productivity.

Source: Back and Neck Pain Overview, National Pain Foundation Web site.

Neck Pain

- It is estimated that about 100 million workdays are lost annually in the United States due to neck pain.

Source: The Spine Journal, 2003 June 1; 28 (11): 1113-21.

Who Benefits

The Focused Health Solutions' Back & Neck Pain Program is designed for those individuals who experience chronic back and/or neck pain. The Back & Neck Pain Program is intended for individuals who need educational assistance and support to:

- Better manage their back or neck pain
- Want to reduce the severity and frequency of pain episodes
- Improve posture and remain active in their daily schedules
- Perform every day physical tasks

About Us

Focused Health Solutions is a leading national provider of customized population health management services. Founded in 1999, the Deerfield, IL based company boasts a senior management team with over 100 years of collective experience in the healthcare industry and a blue chip customer base. FHS combines innovative data analysis, condition-specific clinical pathways, proprietary telehealth technology, Health Risk Assessments, and deep clinical expertise to reduce healthcare costs and improve health. The FHS population health management model integrates sophisticated systems and experienced personnel to produce quantifiable clinical and economic benefits for its program participants and clients. Focused Health Solutions is a member of DMAA, NCQA, HERO and MWA. For more information, visit www.focusedhealthsolutions.com.





What FHS Participants Say

Those individuals who enrolled in the Focused Health Solutions' Back & Neck Pain Program stated:

- Understanding how depression and chronic back and neck pain are related
- Better control over their back and/or neck pain
- Gaining knowledge with a more productive exercise regimen to minimize chronic pain
- A reduction in medical costs because of fewer pain-related physician visits, emergency room visits and hospital stays
- Enhanced knowledge about therapy options, treatments and advances in medicine related to chronic back and/or neck pain
- Overall 90% satisfaction rating for Focused Health Solutions' Back & Neck Pain Program

Unparalleled Technology

Focused Health Solutions is dedicated to providing clients with quality programs that drive measurable cost savings. Our recent investment into our exclusive Focus Information Tracker (FIT) technology platform assists us in documenting and reporting clinical and financial performance improvements that are the result of active participant engagement and leading practice nurse interventions. Focused Health Solutions also has the ability to leverage our technology and determine those individuals best suited for our programs.

For more information about the Back and Neck Pain Program provided by Focused Health Solutions, call 847 282 8000 and request Corporate Sales or send an email request to LearnMore@FocusedHS.com

The information is provided for information only. This information does not constitute medical advice and it should not be relied upon as such. Focused Health Solutions does not engage in the practice of medicine. Focused Health Solutions, under no circumstances, recommends particular treatments for specific individuals and, in all cases, recommends that you consult your physician before pursuing any course of treatment.

