

Virtual physical therapy for back, neck and joint pain with Vori Health

If you have ever had back, joint, or muscle pain, it can have big impacts on your quality of life. We know Western New Yorkers work hard, and that's why accessing the resources needed for all aspects of health should be easy.

When should you seek care?

If you have back, joint, or muscle pain that:

- Is associated with unexplained weight loss, a fever over 102°F, loss of bladder or bowel control, loss of strength or numbness,
- Is persistent or lasts longer than four weeks, or
- Is not relieved by position/posture or is getting worse over time.

Is virtual physical therapy right for me?

Be sure to always consult with your primary care doctor or specialist on what treatment is best for you. If your doctor recommends physical therapy to decrease your pain, virtual physical therapy might be a great option as a flexible way to access care.

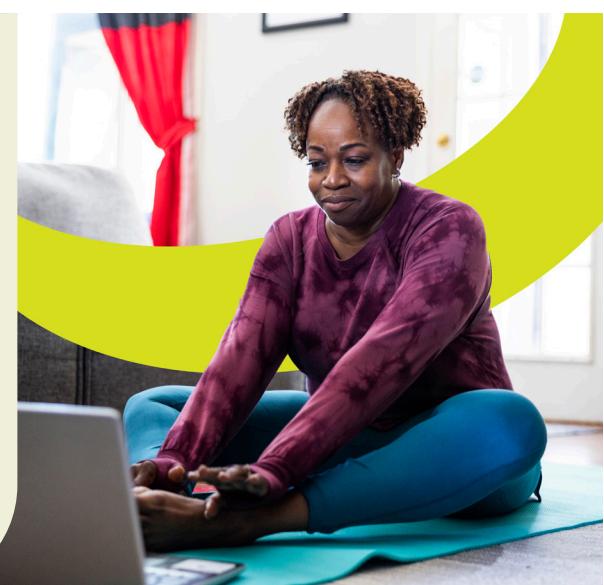
At Univera Healthcare, we're here to provide technology that empowers you to take control of your health. That's why this year, we are offering virtual musculoskeletal (back, neck and joint) health care and physical therapy services to our members. These services are administered by Vori Health, an independent company.

If your doctor is not available, you can set up an appointment with Vori Health for a virtual assessment. Together, you can decide the best next steps to help you start feeling better.

Vori Health is a nationwide specialty medical practice delivering a virtual-first musculoskeletal (MSK) solution to help you get back to your life faster.

With Vori Health, you will get access to:

- Convenient video visits
- Medical evaluation and diagnosis
- Personalized treatment including physical therapy and more
- Non-opioid pain medication and imaging if needed
- Support to help manage pain, regain strength, and enjoy life



How does Vori Health work?

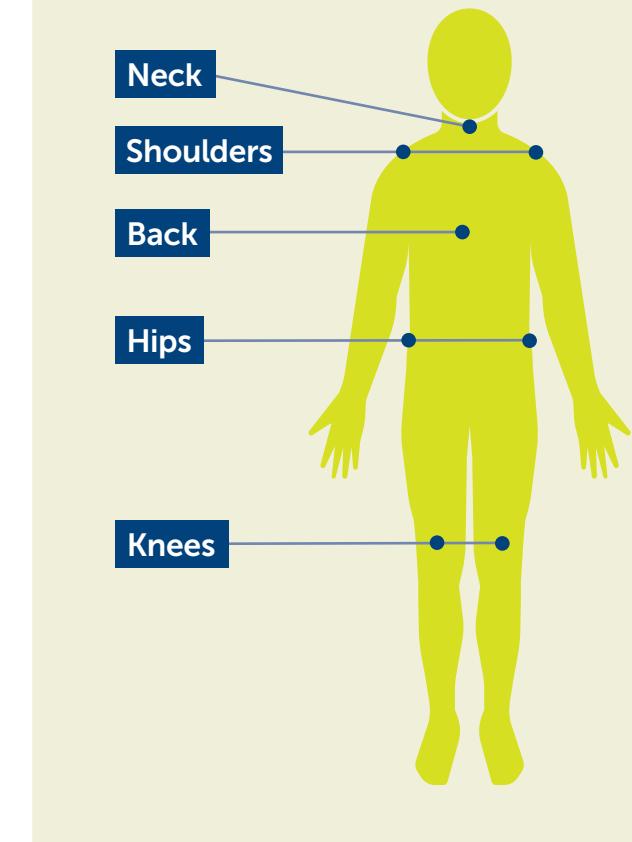
Vori Health works by designing a treatment plan around you. By getting to know you, they can help get you back to living how you want.

- 1 First, you will have an hour-long initial consultation video visit with doctors and therapists specializing in muscle and joint conditions to capture a 360° view of your health.
- 2 Next, they will design a personalized treatment plan for you that can include physical therapy, a potential reduction or change in medication, inclusion of nutrition counseling, and/or healthy lifestyle coaching.
- 3 From here your integrated care team will help support and guide you through your treatment plan to achieve your goals.
- 4 Your treatment plan and any related exercise videos will be available to you 24 hours a day on the Vori Health website and their mobile app.

Virtual PT visits with Vori Health may be covered in the following ways:

If your doctor's visits are subject to deductible, a telemedicine visit will be covered in full after deductible. If your doctor's visits are a copay with no deductible, your visit will be covered in full.

Here are some of the common areas treated by Vori Health Orthopedic Specialists:



To learn more about virtual options for physical therapy, including Vori Health, log in to your member account at Medicare.UniveraHealthcare.com/Login.



Vori Health is an independent company that offers virtual musculoskeletal (back, neck and joint) health care and physical therapy services to Univera Healthcare members.

Univera Healthcare is an HMO plan and a PPO plan with a Medicare contract. Enrollment in Univera Healthcare depends on contract renewal.

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