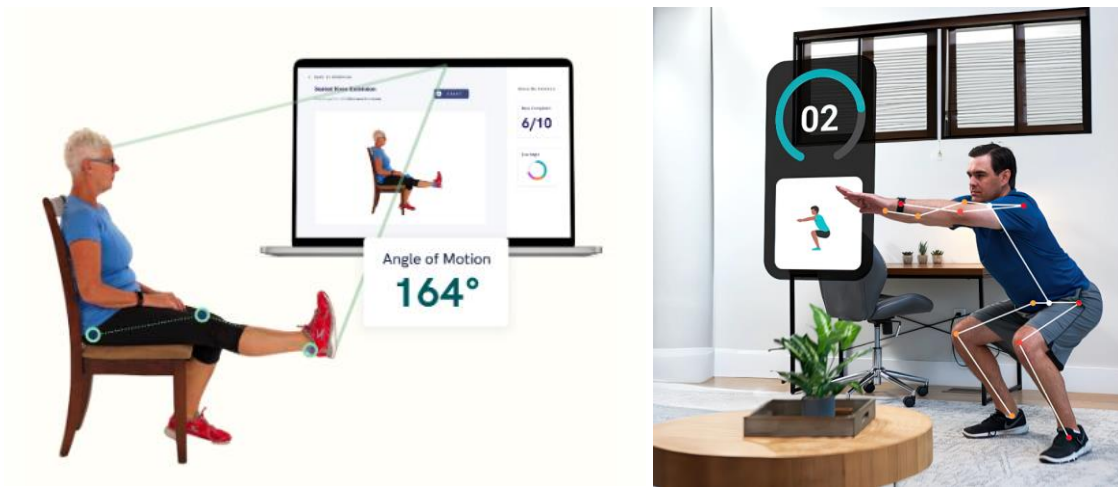


Virtual Physical Therapy Services



BACKGROUND

Physical Therapy moved from third to second highest Hoag expense in 2023 August YTD. To reduce Physical Therapy spending and increase patient convenience, physicians will be able to refer Managed Care patients to a Virtual PT vendor. Vendors are a digital health solution that provides customized, at-home recovery exercise protocols for patients.

VIRTUAL PT VENDORS



A short video [here](#) showcases the patient-technology experience with the IncludeHealth platform.

After a referral is made, the vendor will reach out to the patient. A physical therapist will conduct an initial assessment with the patient and create a digital exercise plan tailored to the patient's needs. A link to the digital plan will be shared to the patient via text or email and the patient can follow along to their exercises via web browser. Exercise progress will be captured and logged. Patients' monthly progress notes will be faxed to the individual physician sites (example on last page). Monthly, patients will have scheduled follow-up visits via telehealth with the vendor's physical therapist. Patients have unlimited interaction throughout the plan of care with the vendor through secure messaging for questions and concerns.

Reauthorization will be required for a patient to continue with the vendor after 3 months of usage.

WHAT IS TREATED

- Sports Injuries
- Shoulder Pain
- Neck Pain
- Hip and Knee Pain
- Back Pain & Sciatica
- Elbow & Wrist Pain
- Carpal Tunnel
- Foot & Ankle
- Chronic Pain
- Headaches
- Balance
- Arthritis
- Work Injuries
- Pre & Post Surgical

(**NOT** currently treating Vertigo or Concussion Care)

VIRTUAL PT EXCLUSION CRITERIA

TOPIC	SCREENING QUESTION	RECOMMENDED EXCLUSION
Surgical History	Have you had surgery on the specified body part in the last 30 days?	Post-Op <30
Fall Risk	Have you fallen in the past year?	>2 falls (non-recreational) in past 6 months
Past Medical History	Do you have any medical conditions that limit your ability to exercise? Ex. Cardiac, breathing issues If so, have you been cleared to exercise by your MD?	Any medical condition with exercise restrictions that has not been cleared by MD
Comfort w/Technology	Are you comfortable using technology?	Exclude if not comfortable with tech

<p>Red Flags</p>	<ul style="list-style-type: none"> • Is your pain unrelieved by rest or change in position? • Any bilateral numbness or tingling down your arms/legs? • Are you experiencing constant, intense night pain or unremitting, throbbing pain? • Any numbness or loss of feeling between your legs/saddle area? • Any recent bowel or bladder issues? <p>Any rapid or progressive weakness or loss of sensation in arm/leg?</p>	<p>Exclude if Yes to any red flag questions</p>
<p>Yellow Flags</p>	<p>Screening for anxiety, depression, fear avoidance (TBD based on methods used to screen)</p>	<p>Referring Clinician Discretion</p>

HOW TO REFER

AMB Referral to Virtual Physical Therapy

Refer To: IncludeHealth Stabl

Laterality: Right Left

Joint: Knee Hip Shoulder Ankle Other

Reason for PT?

Comments: + Add Comments (F6)

Class: Ancillary Pe

Show Additional Order Details

Next Required

1. Place an order for “AMB Referral to Virtual Physical Therapy.”
2. Select a Refer To vendor: IncludeHealth or Stabl
3. Optional: specify Joint, Laterality and additional reason for PT.
4. Apply applicable diagnosis code
5. Upon signing encounter, the order will fax directly to vendor. The vendor will reach out to the patient within a week once order is received.

BestPractice Advisory - Demo, Test

Critical (1)

Ambulatory Referral to Virtual Physical Therapy can only be ordered for Managed Care patients.

Remove the following orders?

Remove Keep

AMB Referral to Virtual Physical Therapy
Routine, Ancillary Performed

Accept Cancel

Virtual PT should only be used for Managed Care Patients. An alert pop-up will appear if the order is for a Non-managed Care Patient.

EXAMPLE OF MONTHLY PATIENT PROGRESS NOTE

INCLUDEHEALTH MONTHLY OUTCOMES REPORT

IncludeCare C. Sherry

Reporting Month August 2023
 Episode Start Date August 24, 2023
 Episode Status Active
 Primary Clinician Papavasiliou, Thanos

Email test@test.com
 Phone 555.555.5555
 Joint Spine

ENGAGEMENT SUMMARY

Monthly Days of Access	4	Total Days of Access	4
Monthly Synchronous Visits	1	Total Synchronous Visits	1
Monthly Completed Sessions	4	Total Completed Sessions	4
Monthly Completed Activities	45	Total Completed Activities	45

FUNCTIONAL TESTS

Test		Date	Result	Metric	Result	Metric
Lumbar Extension	Initial	08/29/23	28°	Trunk Extension ROM		
Lumbar Flexion	Initial	08/29/23	104°	Trunk Flexion ROM		
Lumbar Sidebending	Initial	08/29/23	25°	Lateral Trunk Lean ROM		
		08/29/23	24°	Lateral Trunk Lean ROM		

SURVEYS

Test		Date	Result
Oswestry	Initial	08/28/23	14
Pain Survey	Initial	08/30/23	2
		08/31/23	4