



Thrive Together

Princeton Tools and Resources to Support You

THRIVE
AT PRINCETON

SUMMER 2022: HEALTHY MUSCLES, BONES, AND JOINTS

Welcome to **Thrive Together**, a new quarterly benefits newsletter designed to keep you informed about your benefits all year long, with information about the tools and resources Princeton offers to support your whole health.

In this first edition, we will cover musculoskeletal health and how you can take care of your muscles, bones, and joints to feel your best.

What is Musculoskeletal Health?

Your musculoskeletal system enables you to stand, sit, walk, run, and move. Adult bodies have 206 bones and more than 600 muscles, connected by ligaments, tendons, and soft tissues.

Everyone has pain in their muscles and joints from time to time and broken bones, sprains, and strains happen to millions of people every year. Most people recover without long-term health problems. However, injuries, disease, and aging can cause pain, stiffness, and other chronic problems with musculoskeletal health.

Two of the most common musculoskeletal conditions are back pain (especially lower back pain) and arthritis. **More than 80 percent of people in the United States have back pain** at some point in their lives and **more than 58.5 million adults in the U.S. have arthritis**.^{1,2}

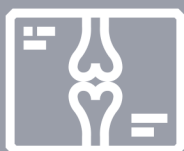
1. Musculoskeletal conditions. WHO. <https://bit.ly/who-musculoskeletal-conditions>. Reviewed November 26, 2019. Accessed March 11, 2020.

2. Centers for Disease Control and Prevention

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The Cost of Musculoskeletal Health at Princeton



Musculoskeletal conditions put a strain on more than our bodies and have a direct impact on our University. Consider these facts about musculoskeletal conditions:

1. They are among the top **three categories of cost** in our medical plans.
2. They represent the **highest category of days lost** from work.
3. They are responsible for **at least one new Long Term Disability case** each year.



We encourage you to talk with your primary care physician and use your Princeton resources to find the best care. For example, **Castlight** is a free service we offer to provide you with information about the most highly rated in-network doctors to treat musculoskeletal conditions. **My Health Coach** is a free, confidential team of professionals available to help you learn strength and stretching exercises, lose weight, and more.

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How to Treat Musculoskeletal Health?

You can get treatment for musculoskeletal conditions through your primary care physician. There are non-surgical treatments such as exercise plans, physical therapy, and weight management. More serious conditions may require specialist care or surgery.

Whether you work at home or on campus, there are tips to help prevent musculoskeletal problems in the workplace.

- Adjust your workstation and your chair to ensure your posture is suitable for your tasks. See <https://bit.ly/ehs-princeton-computer-workstations>.
- Avoid sitting for prolonged periods of time. Make sure you take regular breaks and stretch your arms, legs, neck, and back.

Most Prevalent Musculoskeletal Conditions³

- > Arthritis and related conditions
- > Back and neck pain
- > Injuries: Traumatic, falls, workplace, sports, military
- > Osteoporosis

>350
Princeton employees engage with a health coach each month

DID YOU KNOW?

The Treatment Decision Support Program from Teladoc Medical Experts (*contact details to the right*) provides employees and covered family members in a Princeton Medical Plan with a \$400 taxable cash incentive if they obtain a virtual second opinion prior to considering back, hip, or knee surgery.

Your Princeton Benefits Can Help You Manage Your Musculoskeletal Condition

There are several sources of support for you through your Princeton University benefits and programs:

FOR PREVENTION AND MILD PAIN

My Health Coach offers personal coaches who can help you reduce or avoid future musculoskeletal pain.

Call My Health Coach at (866) 237-0973.

Castlight is a one-stop-shop to find providers, compare pricing, and review quality ratings.

If you are enrolled in a Princeton medical plan, register for Castlight at mycastlight.com/Princeton.

Health Advocate is another resource to help you find the right doctor and schedule appointments and tests whether or not you are enrolled in a Princeton medical plan.

Call Health Advocate at (856) 695-8622.

ADDRESSING SEVERE OR CHRONIC PAIN

Princeton Medical plans cover **physical therapy, chiropractic care, and acupuncture benefits**. Contact Aetna or UnitedHealthcare for more information.

Aetna offers an **Institute of Quality** for spine and joint as well as orthopedic procedures, and **UnitedHealthcare** offers a **Center of Excellence** for spine and joint providers.

Teladoc Medical Experts can provide an expert medical opinion if you are experiencing an orthopedic issue such as joint pain, back pain, or arthritis.

For information, contact the Princeton Benefits Team at (609) 258-3302.

Call Teladoc Medical Experts at (800) 835-2362 or visit Teladoc.com/medical-experts.

³ United States Bone and Joint Initiative (USBJI). <https://bit.ly/united-states-bone-and-joint-initiative-facts>

Consider using all the tools and resources available to you to manage your musculoskeletal condition. Together, we can help you thrive.

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