



The Spine and Joint Solution. Call today.

Has back, knee or hip pain changed how you live your life? Get back to doing what you love with the Spine and Joint Solution. **It's already part of your benefits, so there's no extra cost.** The Spine and Joint Solution offers support to people who are considering:

- Spine disc surgery
- Spinal fusion surgery
- Total hip replacement
- Total knee replacement

Our dedicated orthopedic team will go over all of your treatment options (surgical and nonsurgical). If you decide to have surgery, our team will help you:

- Prepare for surgery and recovery
- Understand your benefits and possible cost savings
- Find quality care at top facilities in our Centers of Excellence (COE) network
- Connect with an on-site navigator who will help with all appointments and needs at the hospital (including travel and lodging)
- Get personalized support after surgery



1-888-936-7246, TTY 711

Monday–Friday, 7:00 a.m.–6:00 p.m. Central time



myuhc.phs.com/sjs



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time. The Centers of Excellence (COE) program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct healthcare services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted healthcare professional or medical center.