



**13% of ESFR members have used Avnew Health to screen and rate their joint pain and lifestyle health in the last two month period.** The national average for employee wellness program participation is 19% yearly\*. We are very pleased to offer 13% in the first *two months*.

**When analyzed from a population perspective, 23% of the population is suffering from some knee (30%), shoulder (27%), or lower back (16%) pain.**

In addition, it is significant to note, that **9% of the total population test scores showed significant or high risk joint dysfunction.**

**Nearly two thirds of members responded that joint pain always, often, or sometimes limits their daily activities.**

### AVNEW ENGAGEMENT LEVEL FOR ESFR POPULATION

**44% of those screened have joints in the Avnew MANAGE and MONITOR categories** (the engagement levels nearest to full mobility). These individuals are receiving targeted joint health education as well as @home therapy exercises to help them self rehabilitate. Educational news, @home therapy, even music and words of encouragement can alter the health path for these individuals. The goal for this group is to educate and motivate.

**62% of those screened have a joint in the Avnew TREAT category** (the engagement level for significant loss of mobility). **This represents 8% of the population.** Individuals in the treat engagement level need care now in order to counter the long term repercussions of joint degeneration. This group is overwhelmingly comprised of individuals with knee, shoulder and lower back pain. These members are being given individualized joint health education and are also being personally engaged by an Avnew Care Coordinator. Several of these individuals have been directed toward local physical therapists for assessment and expert care. The goal for this group is to motivate them to engage in their personal joint health, rendering them healthier and more functional.

**31% of those screened have joint dysfunction placing them in the most severe Avnew engagement level, the CURE category. This represents 4% of the population.** These individuals are receiving regular joint specific education in addition to one-on-one concierge care from an Avnew Care Coordinator. Avnew Care Coordinators offer personal guidance and empathy allowing these individuals to find the best solution available to get them moving again.

**Each screened member rated their basic lifestyle habits as part of the comprehensive screening.** These insights enable Avnew Care Coordinators to target specific habits to enable and encourage specific changes.

### UPCOMING SNAPSHOTS

**SCREEN:** Our month 3 goal will be to screen an additional 7% of the population.

**MOTIVATE:** This month, members will be offered incentivize screening and lifestyle health.

**EDUCATE:** Avnews healthcare literacy education and social engagement is currently showing over 30% ESFR engagement. All members will continue to be engaged on this 14 day cycle.

**CONNECT:** Care Coordinators continue to personally educate and offer navigation referral assistance and empathy.