

THE NEED

30% of the workforce suffers from chronic pain. It is the number one reason employees take time off work due and the leading cause of short-term and long-term disability claims.

As a result of COVID-19, health plan members have less access to chronic pain care and increasing mental health issues. Prescription medication use and disability claims are rising. Health plan members need a digital chronic pain solution.

THE SOLUTION

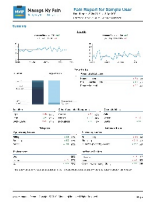
Manage My Pain: A clinically-validated way for members to self-manage their pain and communicate with their doctors.

Members



Manage My Pain app
empowers with self-mgmt. and tracking

Healthcare Professionals



Clinical reports
shared with care-team to inform treatment

GSC, a health benefits provider, sponsored the use of Manage My Pain for its members.

"I was ... fortunate in that [GSC] had an arrangement with Manage My [Pain]...It has been a terrific program for me. This makes me focus on better things and acknowledge that my day was not simply filled with pain. And that is a very good thing!"



Wayne D.,
GSC Member

THE FINDINGS



The most common locations for pain symptoms were the back, neck & head



Top symptoms alongside pain were anxiety, mental foginess & depression



The top aggravating factors for pain were sitting, standing, and lack of sleep



The top alleviating factors to remedy pain were heat, inactivity, and sleep

Members who used Manage My Pain for >30 days were compared to others who registered. Manage My Pain users had less claim spend from the 6 months prior to the campaign compared to 6 months after:



Lower paramedical costs in working age members



Less opioid prescriptions in females



Fewer tricyclic antidepressants in both working age and females

About ManagingLife

Incorporated in 2012, ManagingLife is a Toronto-based company focused helping patients and healthcare professionals better measure and monitor pain through patient engagement and analytics. Better management of pain is a critical part of the long-term solution to the opioid crisis.

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