

# 5 questions to better manage your employees' musculoskeletal health



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## What is MSK?

- ✓ The musculoskeletal (MSK) system is comprised of muscles, tendons and ligaments, bones and joints, and tissues that help move the body and maintain its structure.

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## Why does it matter?

- ✓ MSK disorders affect over 50% of adults in the U.S. and are often the largest clinical cost driver for commercial employers.\*

\*benefitnews.com/opinion/helping-employers-understand-address-musculoskeletal-conditions

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## How does this affect your organization?



Decreased productivity



Elevated health care spend



Increased absenteeism

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## What can your organization do?

Offer proactive on-site services:



Occupational therapy



Physical therapy



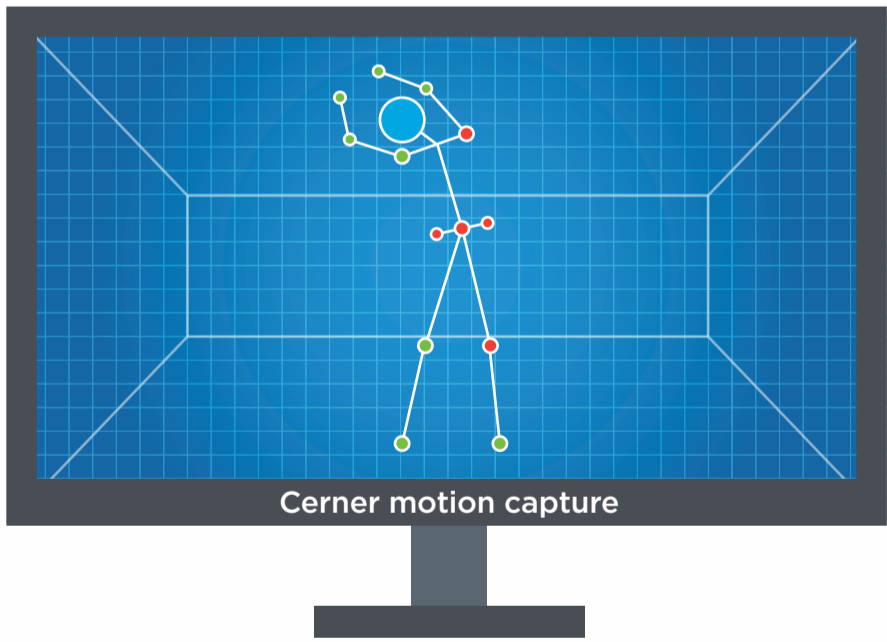
Motion health



Massage therapy



Chiropractic therapy



## Cerner Motion Health<sup>SM</sup> provides:

- ✓ Motion capture screenings
- ✓ Athletic trainers
- ✓ Mobility classes
- ✓ Exercise prescriptions
- ✓ Member portal

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## Ready to get started?

We'll create a customized program to meet your organization's needs.

**Learn more at [cerner.com/workforcehealth](https://cerner.com/workforcehealth).**

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