

# 2025 MyHealth Bundles

IMPACT SNAPSHOT



Behind every number is a real story—a baby welcomed, a condition managed, a life changed.

MYHEALTH BUNDLES BY THE NUMBERS:

# Our All-Time Results

Since 2020, the results from our bundles are impressive:



**Average of 1%**  
Surgical Site Infection  
rate across joint  
replacement, spine and  
bariatric surgeries



**11K**  
Patients Supported



**642**  
Bariatric Procedures

MyWeightLossHealth

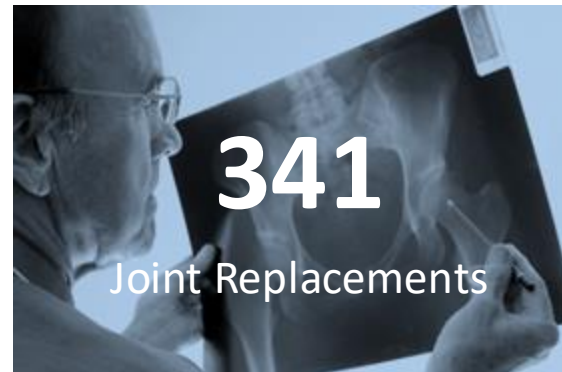
**41,266**  
pounds lost



**Less than 1%**  
reoperation rate



**2,885**  
Babies Born



**341**  
Joint Replacements

**86%**

of MySpineHealth  
surgery patients

returned to  
work within

**90 days**

YEAR IN REVIEW

# 2024 Results

With unmatched experience and a commitment to care, we continue to redefine how health care is delivered, received and financed.



**3,059**  
New Patients Enrolled



**744**  
Babies Born



**188**  
Bariatric Procedures



**98**  
Joint Replacements



**3** National Awards



**22K+** Emails Helping Patients Navigate Their Care

**83**

**Our Net Promoter Score: 83**



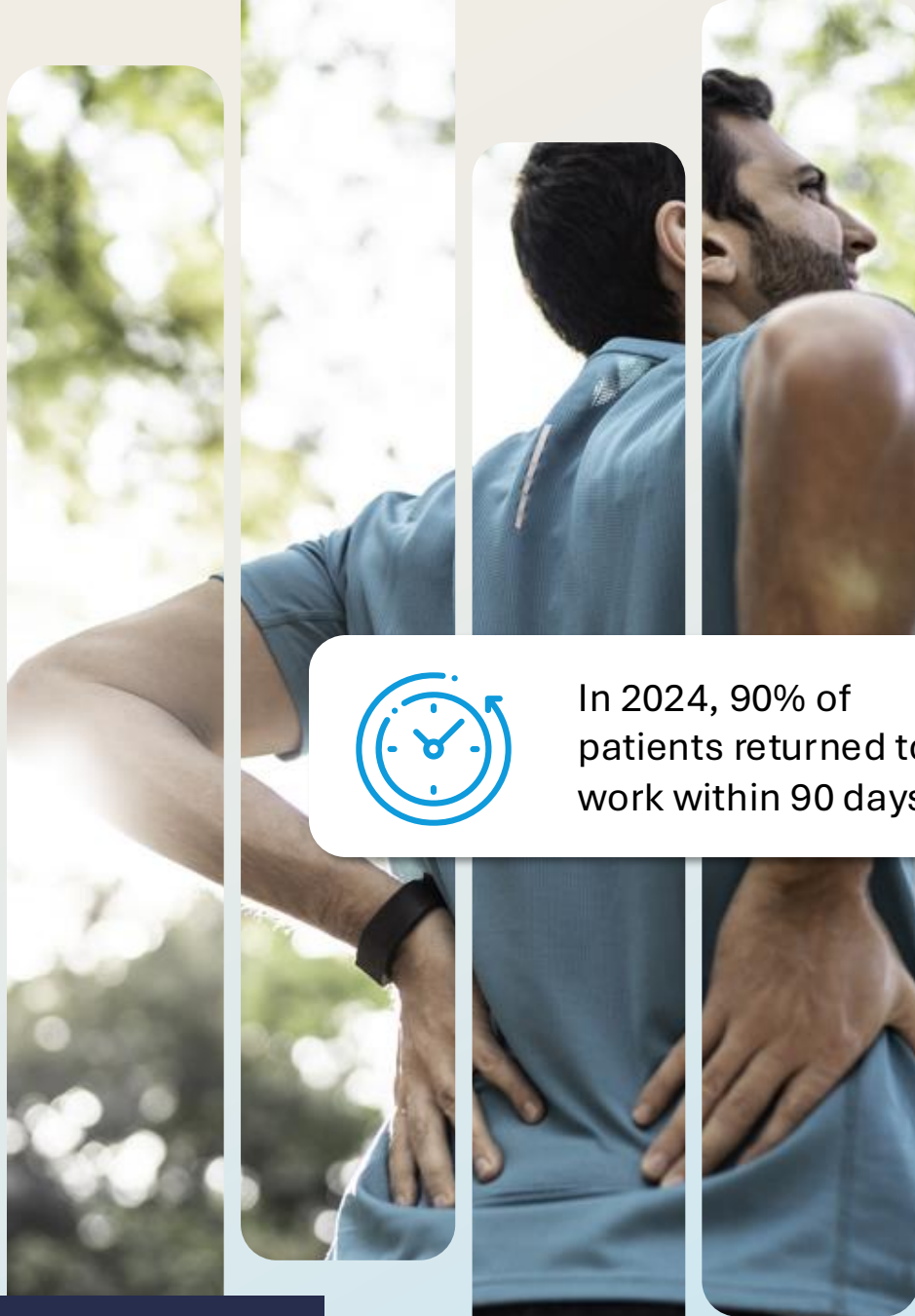
**11** National Conference Presentations



**558** Patient Feedback Surveys Complete

**46**

**Average Health Care NPS: 46\***



In 2024, 90% of patients returned to work within 90 days.

## Innovations

# Spine Bundle Patients Gain Access to Cutting-Edge Procedure

We continuously improve MyHealth Bundles and recently introduced a unique, minimally invasive spine surgery—one of the few available nationwide and **the only option of its kind in our market.**

▶ Watch a patient's life-changing experience.  
[Click here to watch a short video.](#)

## Innovations

# Bringing the Voice of the Patient Into Bundles Measurement and Reporting



**2.4M**  
Captured  
Questionnaires



**457K**  
Unique  
Patients



Since 2018, VUMC has been building one of the nation's largest databases for patient-reported outcomes measures, allowing us to better track patient symptoms and quality of life. With this process, we capture what matters most to patients so we know if they find value from the service we provide.

We are now working to integrate this practice into our bundles to provide employers with a key measure of impact and give clinicians real-time data to guide decisions. No other provider in the region has this type of data at their disposal.

## Innovations

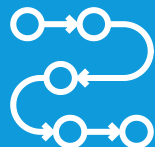
# Universal Pricing Offers a Simple Comparison for Employers



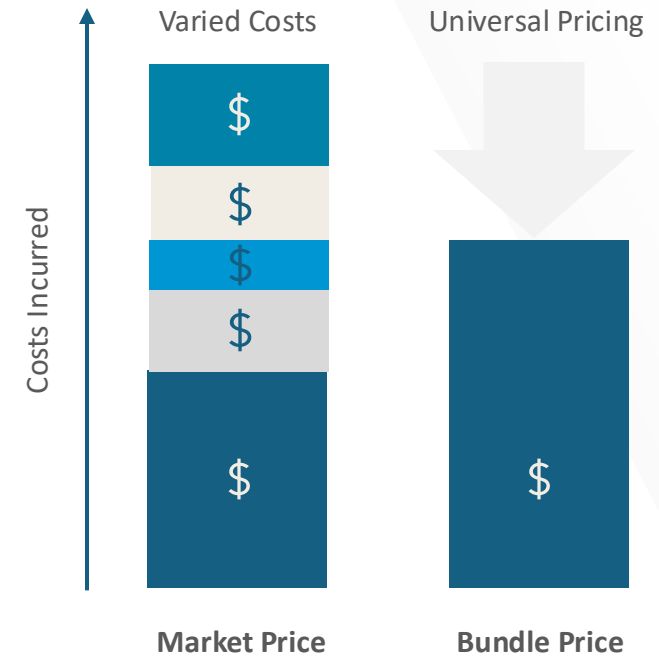
Employers often struggle to compare bundled pricing with traditional fee-for-service costs.



To simplify this, we partnered with Milliman, a national actuarial firm, to develop universal pricing.\*



This approach streamlines the quoting process and **makes it easier** for employers to evaluate their options.



\*The MyHealth Bundles universal pricing model provides standard pricing for each bundle, ensuring predictable costs and eliminating the need for time-consuming pricing calculations.

# Case Study: Smarter MSK Care Fewer Surgeries, Better Outcomes

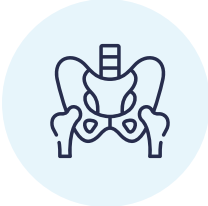
Nearly half of the U.S. workforce manages musculoskeletal (MSK) conditions, with costs rising faster than overall health care expenses as the workforce ages.

We're the only national program focused on avoiding surgery when possible and providing medical management when appropriate.

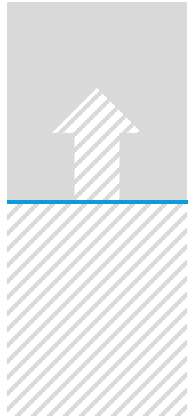
▶ Watch to learn more about one patient's life-changing experience: [Click here to watch a short video.](#)

## 2024 MSK Surgery Rates

### Hip Osteoarthritis



Market  
32%



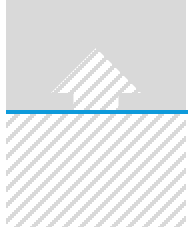
Our Target  
25%

Our Actual  
13%

### Knee Osteoarthritis



Market  
21%



Our Target  
17%

Our Actual  
11%

### Shoulder Pain



Market  
9%



Our Target  
7%

Our Actual  
5%



▶ Learn more about the success of MyHealth Bundles at MNPS: [Click here to watch a short video.](#)

## Case Study: MyMaternityHealth

# Metro Nashville Public Schools Cuts Neonatal Spend

As a pioneer in maternity bundles, VUMC leverages unmatched experience and data to continually refine MyMaternityHealth for optimal client value. In 2024, we significantly reduced neonatal spend for Metro Nashville Public Schools (MNPS).

## RECENT ENHANCEMENTS INCLUDE:



Covering all ER visits—not just pregnancy-related ones



Support for pregnancy loss, an unfortunate reality for 15% of expectant mothers



Expanding bundle access at Regional Hospitals, so more moms can participate

## MNPS 2024 Results\*

# \$1M

in NICU cost savings

# 50

NICU admissions avoided



# Data Shows Bundle Approach Leads to Lower, More Predictable Costs for Employers

MyHealth Bundles aim to lower costs for high-expense conditions and ensure predictable health care spending. After a decade of refinement, we put this approach to the test and proved we can meaningfully impact cost trends.

Lower Cost Per Patient



Consistent Pricing



Predictable Spending



Better Patient Experience








In total, employers **save 16%**  
on health care spend\* —and  
reduce variation in care—  
by using MyHealth Bundles.

# Join Us to Make an Impact

Visit [BundlesImpact.org](https://BundlesImpact.org) to:

-  [Find more information on MyHealth Bundles](#)
-  [Use the price comparison tool](#)
-  [Schedule an appointment with our team](#)

