

Dear [Employee/Team Member Name],

We value your contributions to our success and want to provide you with a competitive and comprehensive benefits package. As part of our commitment to transforming healthcare at Barr & Barr, we continually adapt to ensure that we offer benefits that support our employees and provide them with access to the highest quality healthcare services.

## [an additional benefit](#)

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We are introducing a health plan benefit that offers you a choice in treatment for musculoskeletal and orthopedic injuries. Effective **June 1, 2023**, you now have access to the Regenexx procedures as a covered benefit under the Barr & Barr healthcare plan.

Regenexx implements your body's natural healing agents by employing your own stem cells and blood platelets to treat your damaged bone, cartilage, muscle, tendon, and ligament tissues—eliminating the need for up to 70 percent of elective orthopedic surgeries.

## [what Regenexx can do for you](#)

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We encourage our employees to become familiar with the Regenexx procedures, which are a new medical benefit that we have added to your health plan. The enclosed document with your personal benefits cards provides more information and highlights the conditions treated by Regenexx. In the event of an orthopedic injury or chronic musculoskeletal pain, a Regenexx physician is your resource for a complete evaluation, diagnosis, and treatment plan.

To learn more, visit [regenexxbenefits.com/barrandbarr](https://regenexxbenefits.com/barrandbarr).

## [your well-being matters](#)

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Barr & Barr can assist you in the process of making informed decisions about Regenexx to enhance your well-being and that of your family.

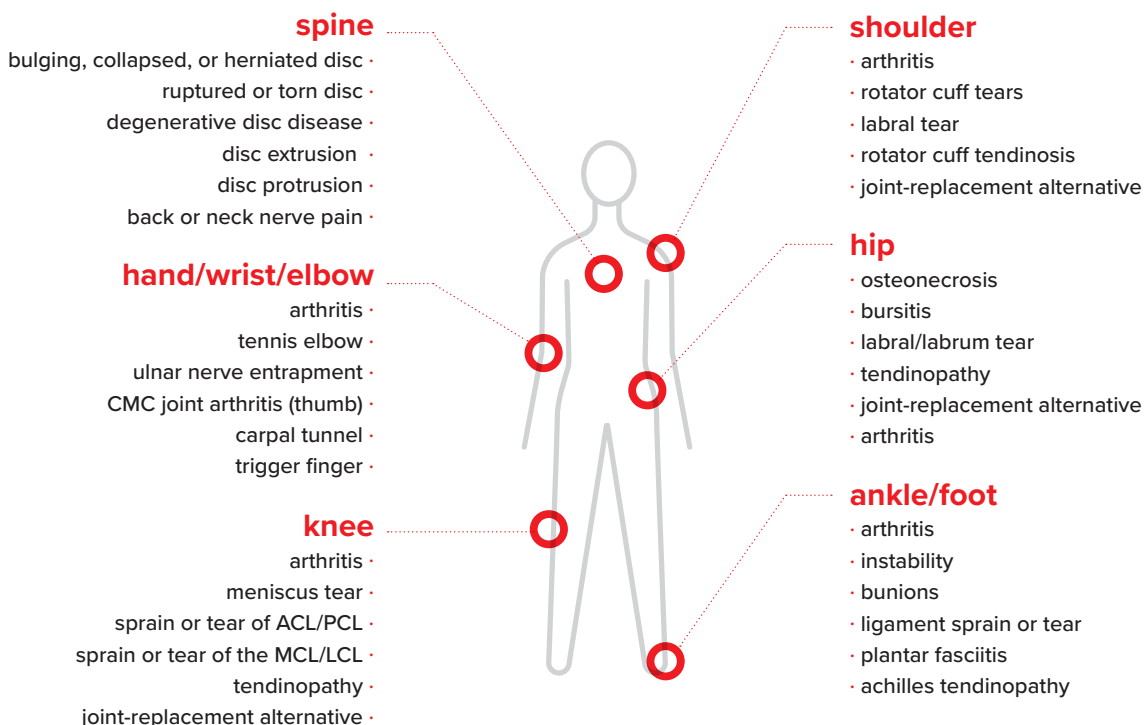
If you have questions about how Regenexx procedures can benefit you, please contact your dedicated Regenexx Patient Liaison for Barr & Barr at **866-797-2884**.

First Last  
Title

## Barr & Barr now covers Regenexx services

### What conditions does Regenexx treat?

If you have pain, we're here to help. **Regenexx** procedures treat a wide range of common joint injuries and degenerative joint conditions such as:



### Learn more about Regenexx and your benefits

For an in-depth overview, **Regenexx** hosts weekly informational sessions where you can learn about **Regenexx** and how our procedures may be able to help treat your orthopedic pain. You'll also have the opportunity to ask questions about your benefits. Follow the QR code or visit the address below to register for a webinar. Scheduled dates and times are updated regularly.

[regenexxbenefits.com/webinar?card](https://regenexxbenefits.com/webinar?card)



## Barr&Barr

treating orthopedic injuries non-surgically  
**covered benefit**

**[name of person covered]**

Questions about your benefits or treatment options?  
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## Barr & Barr now covers Regenexx services

### Regenexx treatment for orthopedic injuries

**Regenexx** provides patients with an alternative to orthopedic surgery by using your body's own healing agents to treat orthopedic issues. We've been using regenerative medicine to treat common orthopedic conditions since 2005 and are the world leaders in the field. We're able to replace up to 70 percent of orthopedic surgeries with our minimally invasive, needle-based procedures that offer lower risk and much faster recovery times.

### Regenexx evaluations

**Regenexx** patients start with a thorough evaluation with one of our expert physicians so that we're confident that we're not just treating a symptom but are addressing the root cause of your pain. This evaluation includes a review of the injury under ultrasound imaging, which allows us to see your tissue in motion. We also review static imaging to get a full picture of your orthopedic condition. During this evaluation, we'll determine whether you are a good candidate for a **Regenexx** procedure, and if so, we'll recommend the appropriate treatment option.

### Your Regenexx Benefit

Regenexx is covered as an in-network benefit within the Barr & Barr health plans. In-network benefits for specialist services within your plan and in-network co-insurance, deductible, and out-of-pocket maximums apply for all Regenexx services. Non-Regenexx services may fall under a different benefit level, and may or may not be treated as in-network.

### our procedures

**Regenexx** procedures are same-day, outpatient services. In the morning, we'll draw blood or harvest bone marrow from the iliac crest of the hip. Most patients report that this draw is no more than three on a pain scale from one to ten.

Our on-site lab technician will create orthobiologics by concentrating down to the cells responsible for helping your body repair damage to bone, muscle, tendon, ligament, and cartilage. We run a count of relevant healing cells to ensure that we're delivering a sufficient and effective dose. Our physician uses extremely accurate ultrasound guidance to inject those cells into the precise areas of your injury.

Concentrations, amounts, and choice of orthobiologics depends on your customized treatment plan. Following your **Regenexx** procedure, you'll be asked to refrain from heavy activity for at least six weeks while the new tissue grows and begins to mature. Most patients see continued improvement for six months or more.



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#### SPINE

- bulging, collapsed, or herniated disc
- ruptured or torn disc
- degenerative disc disease
- disc extrusion
- disc protrusion
- back or neck nerve pain

#### KNEE

- arthritis
- meniscus tear
- sprain or tear of ACL/PCL
- sprain or tear of the MCL/LCL
- tendinopathy
- joint replacement

#### SHOULDER

- arthritis
- rotator cuff tears
- labral tear
- rotator cuff
- tendinosis
- joint replacement

#### HIP

- osteonecrosis
- bursitis
- labral/labrum tear
- tendinopathy
- joint replacement
- arthritis

#### ANKLE/FOOT

- arthritis
- instability
- bunions
- ligament sprain or tear
- plantar fasciitis
- achilles tendinopathy

#### HAND/WRIST/ELBOW

- arthritis
- tennis elbow
- nerve entrapment
- CMC joint arthritis (thumb)
- carpal tunnel
- trigger finger



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