

Managing Elective Surgeries in the Age of COVID-19

WHAT EMPLOYERS AND PAYERS NEED TO KNOW

ELECTIVE SURGERY COSTS

\$14,000 - \$23,000
average cost of **bariatric surgery**

\$50,000 - \$90,000
average cost of **back surgery**
(e.g. for spinal stenosis)

\$30,000
average cost of a single
knee replacement



In 2019, the U.S. spent an estimated
\$100 Billion on elective surgeries

\$30 Billion (30%)

are potentially unnecessary
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WHY POST-COVID ELECTIVE SURGERY RATES AND COSTS MAY INCREASE FURTHER

Steep declines and delays in elective surgeries, preventive care, and alternative treatments (i.e. physical therapy & cortisone injections) will likely increase severity, incidence, and costs.

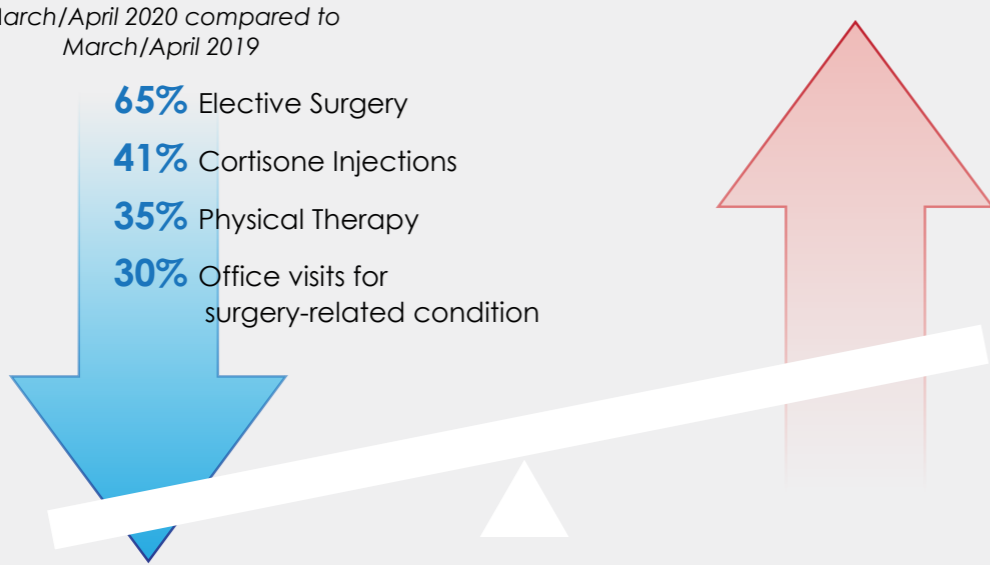
Decline in Elective Procedures and Services

March/April 2020 compared to March/April 2019

- 65% Elective Surgery
- 41% Cortisone Injections
- 35% Physical Therapy
- 30% Office visits for surgery-related condition

Surge in Surgeries and Costs

due to backlog and compromised health



*Historical data from a large U.S. Healthcare database of self-insured employers with national observed incidence rates for specific elective surgeries and average episode costs

Contributing Factors:



70%
OUTPATIENT
SURGERIES CANCELLED

Push by hospitals and physicians
to recoup revenue
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44%
PATIENTS WITH
HIGHER MEDICAL
SPEND

Opioid use
44% of patients have higher medical spend over the course of a year when they use opioids

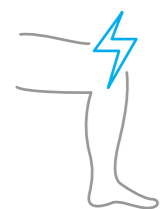


4
MONTHS

Average wait time
to reschedule surgery
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THE HUMAN TOLL OF POSTPONED SURGERIES

pain, depression, and unhealthy behaviors



85% plus of those waiting for joint replacement surgery experienced **increased pain**



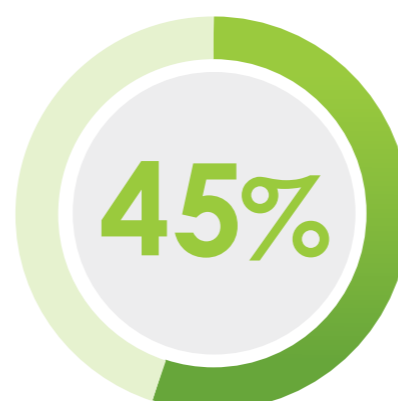
76% experienced **increased fatigue**



73% experienced an overall **decline in quality of life**

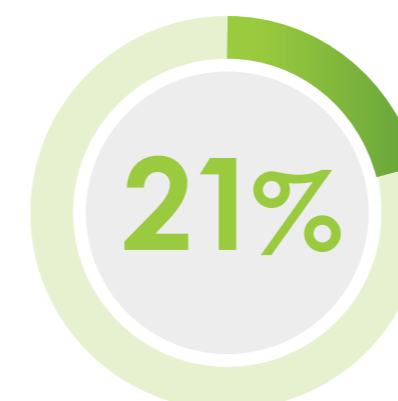
"It is only a matter of time until many non-urgent surgeries become urgent."

Tens of millions of surgeries are being postponed as a result of the pandemic [LEARN MORE](#)

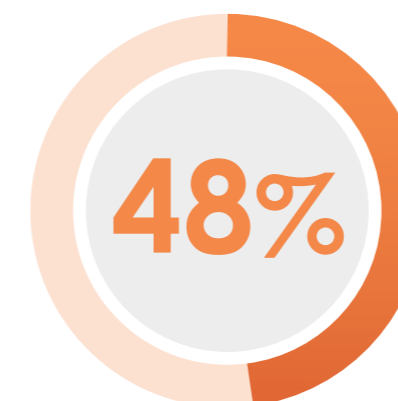


DEPRESSION/ANXIETY

45% of adults in the U.S. reported that their mental health has been negatively impacted due to worry and stress over the virus
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21% rate of increase in antidepressant, anti-anxiety and anti-insomnia prescriptions in the early days of the pandemic



UNHEALTHY BEHAVIORS

48% decline in physical activity
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Managing cost, quality, and outcomes: STRATEGIES FOR EMPLOYERS & PAYERS



Use second opinion programs
to confirm diagnoses and treatments.

5% - 10% of people are misdiagnosed

over 60% receive an incorrect treatment plan



Prioritize necessary elective surgeries

over those where equally effective, less invasive treatment options could provide optimal outcomes and lower costs.

For the **70%** who need surgery, "get it right" with the right providers and COEs



Educate employees

on evidence-based treatment options including effective, non-surgical options.

30% change to best practices treatment

37% will avoid unnecessary surgery altogether



Use highest-quality physician and Center of Excellence (COE).

Physician and facility quality varies and it matters. Help your employees find the best physician, in your insurance network, for the procedure or treatment.

20% switch to a higher-quality treating physician when informed

ELECTIVE SURGERY RESOURCES



Surgery Decision Support®

- 4:1 ROI
- \$26,125 Per Case Savings
- 98% participant satisfaction



Download

our White Paper, case studies, and more at our **Elective Surgery Support Center**



Contact us

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For additional information, and a full list of citations and sources, please see our White paper, entitled [Strategies to Help Manage COVID-19's Impact on Elective Surgical Procedures.](#)