



Complete Orthopedic Care, Elevated.

A Premier Program, Advancing Orthopedic Medicine Through an All-Encompassing Patient Experience.

At Twin Cities Orthopedics we take great pride in providing the highest quality of specialized care for muscle, bone and joint conditions. The EXCEL Orthopedic Surgery and Recovery program was developed in an effort to advance the practice of orthopedic medicine by providing patients with successful outcomes, an elevated experience, and getting patients back to their favorite activities as soon as possible.

- **Total Coordination of Care**
 - Day one to full recovery
- **1:1 Personalized Concierge Service**
 - Your surgeon and integrated care team will guide you through every step of the process
- **Surgery Performed in an Ambulatory Surgery Center**
 - An efficient alternative to a traditional hospital stay
- **Comfortable Orthopedic Recovery Suite**
 - Includes an elegant private room, therapy and 24-hour RN care
- **One Simplified Bill - Goal of Reducing the Cost of Health Care**
 - Savings up to 30% vs. a traditional hospital stay

EXCEL PROCEDURES:

JOINT REPLACEMENT

- Total Knee
- Unicompartmental Knee
- Total Hip
- Total Shoulder
- Total Ankle

SPINE

- Single Level Lumbar Fusion
- Single Level Anterior Cervical Discectomy & Fusion
- Single Level Cervical Disc Replacement

CONTACT:

For additional information, contact your Human Resources representative.

To Learn More,
Visit TCOEXCEL.com

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WHY TCO?

- Total Coordination of Care
- 1-1 Personalized Concierge Service
- Surgery Performed in an Ambulatory Surgery Center
- Elegant Orthopedic Recovery Suite
- Cost Savings
- Deductible Waived
- Reimbursable Medical Necessary Expenses

MercyOne Albert Lea Preferred Health Care | P: 507-320-7901



WHAT IS IT?

The TCO EXCEL program offers an efficient alternative to traditional hospital surgeries and recovery. The program results in savings of up to 30% vs. a traditional hospital stay. (In comparison to Mayo savings are estimated 30% - 45%.)

WHERE ARE THE TCO EXCEL LOCATIONS?

For a current list of EXCEL program locations, please visit TCOEXCEL.com/Locations.

ARE THERE INCENTIVES TO GETTING SERVICES DONE AT TCO?

Yes, full deductible and out-of-pocket expenses will be waived for TCO EXCEL program. (Physical Therapy is carved out and not included in waiver of deductible or out-of-pocket. Reimbursement available for physical therapy, see below for details.)

WHAT ARE ELIGIBLE EXPENSES WHICH I CAN RECEIVE REIMBURSEMENT?

EXPENSES	MAX LIMIT
Physical Therapy (up to 3 visits)	3 visits
Lodging	\$150
Transportation/Parking Fees	\$200
Meals	\$100

PHYSICAL THERAPY: Up to 3 visits. After 3 visits, costs will be billed against HRA and deductible will apply.

LODGING: Limit per person is \$50 this includes taxes.

TRANSPORTATION/PARKING FEES: Transportation expenses for medical necessary visits to and from TCO and physical therapy appointments are eligible expenses. Actual mileage reimbursement based on IRS guidelines (2018 - .18 per mile). Costs of parking and tolls are also reimbursable.

MEALS: Cost of meals at the hospital or similar institute of which medical treatment is being received are reimbursable.

WHAT ABOUT PHYSICAL THERAPY?

Physical Therapy is carved out of this program. You may have TCO write up a Physical Therapy Order to your preferred Physical Therapy location. First 3 visits will be reimbursed directly from Innovance.

WHAT ARE THE HEALTH REQUIREMENTS?

Must have a BMI of 38 or less and not actively smoking or chewing tobacco. (Smoking cessation programs are available.)

WHO IS ELIGIBLE FOR THE PROGRAM?

You or the dependent must be insured by the company group health plan at the time of services. (Blue Cross Blue Shield)

WHAT ARE THE STEPS TO GET STARTED?



EXAMPLE OF SAVINGS: This is only an example, surgery costs will vary based on procedure. Physical Therapy is not included in this example. This example assumes no HRA dollars used. Low Cost Plan Option (\$5,000 deductible)

COSTS	TCO	OTHER PROVIDER
Surgery Costs	\$25,000	\$40,000
Deductible	Waived	\$5,000
Out of Pocket Max (remaining)	Waived	\$1,300
Employee Costs	\$0	\$6,300