



As healthcare costs rise, many people are searching for the best value for their money

Did you know?

- Average family of four health care costs went up 7.3%, or \$1,319 from 2012 to 2013, according to independent actuarial and health care consulting firm Milliman, Inc.
- Health care costs are expected to continue to increase steadily
- In studies comparing health plans with chiropractic benefits to those without them, overall care expenditures are *lower for those with Chiropractic benefits*.
- Chiropractic users tend to have substantially lower total health care costs.
- Chiropractic care reduces the use of both physician and hospital care.

Chiropractors save patients money and have high patient satisfaction: A study in the 5/07 issue of the Journal of Manipulative and Physiological Therapeutics tracked data from a unique Independent Physicians Association (IPA). The report analyzes data from 2003-2005 and found that patients visiting chiropractors had:

- ✓ **60.2% fewer in-hospital admissions,**
- ✓ **59 % fewer hospital days**
- ✓ **62% fewer outpatient surgeries & procedures, and**
- ✓ **83% less pharmaceutical costs than HMO patients who received traditional medical care.**

In addition, clients reported on the quality of care they received through the use of annual patient satisfaction surveys. During the 3 years of data, patients demonstrated a high degree of satisfaction with their care **(96%, 94% and 91%, respectively).**

This study demonstrates that chiropractic care generates reductions in both clinical and cost utilization when compared with PCPs using conventional medicine alone.

Maximizing your health so you're not dependent on allopathic drugs and surgical procedures is key to your wellbeing as well as your financial future! Speak with one of our friendly and supportive staff about the affordable Vitality plans offered at Cornerstone Family Chiropractic!

What do the following studies have to do with your future? The answer is ***"everything."***

Health care in the United States currently consumes about one in every six dollars spent in the United States, and will consume an estimated one in every five dollars by the year 2024.

A 1992 review of data from over 2,000,000 users of chiropractic care in the U.S., reported in the Journal of American Health Policy, stated that, "chiropractic users tend to have substantially lower total health care costs," and "chiropractic care reduces the use of both physician and hospital care."

A Landmark study was conducted by Dr. Ron Rupert and his team at Parker College. The study surveyed 311 chiropractic patients, aged 65 years and older, who had received chiropractic care for 5 years or longer. Despite similar health status, chiropractic patients receiving "maintenance or wellness care" for five years or longer, when compared with US citizens of the same age, spent only 31% of the national average for health care services. The chiropractic patients also experienced 50% fewer medical provider visits than their comparable peers. A study reported in the American Medical Association's journal found health plans that included a chiropractic benefit had 31 percent fewer back surgeries and 15 percent lower per capita hospital costs. The study compared 700,000 health plan members with chiropractic benefits to 1 million members without chiropractic benefits in California, and showed that overall health care expenditures were lower in the group with chiropractic coverage. Source: Archives of Internal Medicine, October 2004.

Immediate access to chiropractic care after an injury results in the most effective outcome, medically and financially. A peer-reviewed article in the Journal of Occupational and Environmental Medicine, January 2004, stated: ". . . We found that patients who were seen by chiropractors during the initial episode of care were less likely to have a surgery, and had a shorter average duration of the initial episode."

Oakland University's Stano Cost Comparison Study of 395,641 patients with one or more of 493 neuromusculoskeletal conditions was undertaken to compare the health care costs of patients who have received chiropractic treatment to those treated solely by medical or osteopathic physicians. The results showed that patients receiving chiropractic care experienced significantly lower health care costs. Chiropractic patients saved over \$1000 per patient over the two-year study.

A 2014 randomized controlled trial examined "costs and benefits of different doses of spinal manipulation therapy (SMT) in patients with chronic low back pain (LBP)." It concluded that "a dose of 12 SMT sessions yielded a modest benefit in pain-free and disability-free days."

A 2011 systematic review found that guideline-endorsed acupuncture, cognitive behavioral therapy, exercise, interdisciplinary rehabilitation, and SMT were all cost-effective for patients with sub-acute or chronic LBP.

A 2012 systematic review found SMT was cost-effective for neck and back pain, used either alone or combined with other therapies. A prospective cohort study of Washington state workers found that **1.5% of workers who saw a chiropractor first for work-related back pain later had surgery, compared to 42.7% of those who first saw a surgeon.**