

Injury prevention with physical therapy services



Consider using physical therapy services, such as one-on-one evaluations and treatments, to help you prepare for the QLife 5K Walk/Run/Roll.

An initial evaluation can help to identify problems with strength, flexibility or movement patterns that may put you at risk for injury. The physical therapist will provide recommended treatments and a home exercise plan.

For in-person physical therapy:

Eligible employees may use the QuadMed Health Center physical therapy services through two options:

- **Direct access:** Your state may allow eligible employees to see a physical therapist without a prescription or referral. Please contact your local QuadMed facility to see if this is an option for you.
- **Prescription:** A prescription can be written by QuadMed or from an outside provider.

For virtual physical therapy:

- QuadMed Everywhere Virtual Physical Therapy is also available in most states (see [website](#) for availability). All you will need is a MyChart account, computer or mobile device with a good camera, a private space with plenty of room to move and comfortable clothing.
- Our therapists use MedBridge Pathways to deliver condition-specific treatment plans. Pathways will include interactive education materials, exercises and reminders that keep you actively involved in your treatment.
- Your progress is monitored by your QuadMed Everywhere Physical Therapist, allowing for adjustments and better outcomes in fewer visits than a typical in-person plan.
- To schedule call 800-888-8932 or schedule in MyChart. Look for “QuadMed Everywhere” when selecting your appointment type.

QLife Wellness

Questions? Contact
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