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HealthJoy and Upswing Health Partner to Deliver the Market's Most Complete End-to-End MSK Solution

Strategic partnership unites elite orthopedic expertise with leading neuroscience-based chronic pain care — closing the critical gap in musculoskeletal benefits for self-insured employers and health plans nationwide.

CHICAGO, IL and STAMFORD, CT — April 21, 2026 — [HealthJoy](#), the Benefits Operating System for self-insured employers nationwide, and [Upswing Health](#), the physician-founded virtual orthopedic and MSK population health company, announced a strategic partnership to deliver a fully integrated musculoskeletal (MSK) solution for self-insured employers and health plans nationwide.

[According to the Orthopaedic Research Society](#), musculoskeletal conditions affect an estimated 126 million Americans annually — nearly one in two adults — and represent the single largest driver of employer healthcare spend, [accounting for more than \\$420 billion in costs](#). Despite this scale, most MSK solutions in the market address only a fraction of the problem, leaving employers with fragmented point solutions that fail to serve members across the full spectrum of their MSK needs.

A Complete Solution: From Acute Injury to Chronic Pain

This partnership ends that fragmentation by combining two proven, independently validated models into one seamless member experience — from the first onset of pain through full recovery:

- The Front Door — Orthopedic "Hardware": Upswing Health provides the clinical entry point, connecting members to an AI-powered symptom assessment tool, athletic trainers within 15 minutes, and board-certified orthopedic physicians within 24 hours. More than 80% of cases are resolved virtually, with no referral and no waiting room — helping avoid the unnecessary imaging and interventions seen in traditional care pathways.
- The Resolution — Neurological "Software": HealthJoy's BrainBodyMSK coach-led program addresses the persistent pain that traditional physical therapy misses, targeting the neurological root of chronic pain through the brain-body connection. The program delivers an 82% average pain reduction — nearly 20% better than competing digital programs — with results lasting 12 months post-program and 86% of participants achieving their goals.
- Seamless Clinical Handoffs: Members move fluidly between acute triage, chronic pain management, injury prevention, and pre- and post-surgical support — within a single connected care model that eliminates the gaps where cost and suffering accumulate.

Validated Outcomes. Real Savings.

Both companies have independently demonstrated measurable, claims-validated savings. Together, they represent the highest expected ROI of any MSK solution in the market:

- Upswing Health: \$2,508 in average annual savings per engaged participant by preventing over-utilization, unnecessary imaging, and avoidable surgical pathways.
- HealthJoy BrainBodyMSK: \$2,200 in average annual savings through sustained chronic pain resolution that reduces downstream care utilization.
- Combined: A unified, end-to-end model with complementary savings that together target the full cost burden of MSK — acute and chronic, hardware and software.

Leadership Perspectives

"We have always been the best front door in MSK care. Our third-party validated data shows that our intervention dramatically improves patient outcomes and health plan spend. To expand our impact in chronic pain, we sought out a partner with a proven, differentiated approach. HealthJoy's BrainBodyMSK delivers results that stand apart. Together, we now handle everything from prevention to post-surgery — for every member, every diagnosis, every stage."

— Dr. Jay Kimmel, CEO, Upswing Health

"Our outcomes prove that our BrainBodyMSK program continues to deliver industry-leading outcomes for pain reduction, but we have never had the whole solution. We spent years searching for an orthopedic partner with the clinical integrity to handle the front door without the misaligned incentives of imaging and surgery. Upswing is that partner. By combining their elite orthopedic approach with our neurological program, we're offering a level of comprehensive, validated care that no one else in the market can match."

— Brian Astrachan, Chief Product Officer, HealthJoy

Availability and Integration

The combined solution is available now for self-insured employers and health plans nationwide. Upswing Health operates across 47 states and is designed to integrate directly into existing benefits ecosystems with minimal administrative friction. HealthJoy's BrainBodyMSK program is available as a standalone offering and as part of HealthJoy's connected benefits platform.

About Upswing Health

Upswing Health is a healthcare company founded by orthopedic surgeons, created to solve the waste and inefficiency of America's multi-billion-dollar crisis in orthopedic care. The company's digital platform connects members to athletic trainers within 15 minutes and board-certified orthopedic physicians within 24 hours — resolving more than 80% of all low and medium acuity cases virtually. Members with more complex conditions are rapidly triaged and remain within Upswing's ecosystem for the entirety of their journey, from prevention to diagnosis and recovery. Visit upswinghealth.com.

About HealthJoy

Founded in 2014 and headquartered in Chicago, HealthJoy is the Benefits Operating System that closes the execution gap between the benefits strategy employers design and how employees actually use it. Trusted by more than 1,500 employers and over one million members nationwide, HealthJoy works as the active engine of an employer's benefits plan — using proprietary AI to identify and engage members before a claim occurs, then executing the logistics to ensure the right care happens. Unlike siloed carrier apps and navigation tools that wait for members to come to them, HealthJoy's proactive model steers every member to the highest-value care across the entire benefits stack, backed by a 24/7 Healthcare Concierge team trained on each employer's specific plan design. The result: benefits strategies that finally perform as designed, with the data to prove it. HealthJoy is a Series D company backed by leading healthcare and technology investors.

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