

# Empatha

## RecoveryCM<sup>+</sup>

Case Management Early Risk Identification Platform



### Predict Recovery Risk. Optimize Outcomes.

- › AI Claims Risk Identification - AI predictive models to assist in the identification of delayed recovery
- › Biopsychosocial Screening for case managers & others
- › Automated Reports for Case Managers
- › Treatment Program Recommendations & National Network



**Empatha Recovery Management** is a national delayed recovery management company delivering evidence-based biopsychosocial programs. Empatha prevents and reduces costly delayed recovery associated with pain, mental health, PTSD, concussion and other work disabling conditions.

## HOW IT WORKS

*Biopsychosocial screening that identifies high-risk claims early — so you can intervene before delays become costly.*

### 1 Screening

Worker completes in 5-15 minutes via any device

### 2 Stratify

Identify risk & care pathway

### 3 Act

Right treatment, right person, right time

## GO OUTCOMES

**40%** RTW due psychosocial risk factors

**25-50%** of claims are high risk

**90%** Accuracy in predicting problematic cases

# Risk Stratified Care. Programs That Work.

RecoveryCM+ is an interactive screening risk platform for identifying a psychosocial risk profile, functional abilities and work disabilities. RecoveryCM+ is designed to be utilized by case managers and health care providers to screen, assess and gauge clinical and return to work progress as well as compile clinical and return to work outcomes. An integral tool for managing patients, particularly those with musculoskeletal disorders (MSDs) and psychological conditions encountered in claims systems. The system provides a comprehensive range of validated, clinically meaningful and pragmatic assessments across key physical and psychosocial domains.

## Proven Science

- › Guideline Listed MTUS, ODG, AMA Guides
- › Work Capacity Rating Only PRO with PDC levels output
- › North American Normed Built for U.S. workers' comp
- › Clinically Validated Peer-reviewed, used in RCTs



**“Modern performance-integrated self-report measures, such as the MTAP, have the potential to provide information about functional capacity that is sufficiently useful to confirm status and help guide treatment algorithms.” – ODG Guidelines**

## Screening Assessments

### Functional and Disability Screening and Assessment

The Multidimensional Task Ability Profile (MTAP) is a measure of self-reported physical work capacity developed for injured workers with musculoskeletal disorders (MSDs) to determine readiness to return to work and functional progress.

- › **MTAP Short Form (SF) - Lift and Carry (16 items)**  
Focused on lifting and carrying capacity, with reduced response burden and faster administration.
- › **MTAP Full Version (50 items)**  
Designed for comprehensive evaluation of functional tasks and activities.

No other patient reported outcome measure in the market provides a work capacity category. The MTAP use of statistical analyses with Item Response Theory (IRT) and Rasch analysis, allows the score to be compared with physical performance objective data obtained during FCE. The MTAP is reliable ( $r = 0.98, p < 0.05$ ) and correlates highly with actual physical function as assessed during objective FCE lifting tasks on the EPIC Lift Capacity Test ( $r = 0.89, p < 0.05$ ) (Matheson, L. et al., Mayer, J et al.).

### Region-Specific Patient Reported Outcomes (PROs)

- › Disabilities of the Arm, Shoulder, and Hand, Short Form (QuickDASH)
- › Lower Extremity Functional Scale (LEFS)
- › Neck Disability Index (NDI)
- › Oswestry Disability Index (ODI)



## Risk Stratification Tiers

**LOW RISK** Standard care pathway - Monitor progress with serial MTAP

**MODERATE RISK** Enhanced case management address specific risk factors early

**HIGH RISK** Specialized biopsychosocial intervention program referral

### Psychosocial Risk Factors

Elevated scores indicate barriers to recovery

#### Catastrophic Thinking

- › **Signs:** Magnification of pain/symptoms, rumination, helplessness
- › **Treatment:** CBT, pain education, graded exposure

#### Perceived Injustice

- › **Signs:** Blame, unfairness beliefs, anger about injury
- › **Treatment:** Validation, ACT therapy, workplace mediation

#### Fear Avoidance

- › **Signs:** Kinesiophobia, activity avoidance, deconditioning
- › **Treatment:** Graded activity, movement education, PT

#### Disability Beliefs

- › **Signs:** Expectation of permanent disability, low self-efficacy
- › **Treatment:** Motivational interviewing, goal setting

## MTAP Functional Report

Review MTAP score vs. job demands & identify functional gaps

## Recovery Expectations

- › RTW outlook assessment
- › Positive Expectations Uncertain Expectations Poor Expectations
- › Strong predictor of successful RTW May benefit from early intervention  
High risk – specialized support needed

## Case Management Actions

- 1 Review MTAP score vs. job demands Identify functional gaps
- 2 Check psychosocial risk flags Prioritize elevated factors
- 3 Assess recovery expectations Address pessimism early
- 4 Match to care pathway Use risk tier to guide intensity
- 5 Schedule serial testing Track progress objectively

Empatha's assessment and proprietary algorithms lead to better worker engagement and optimized treatment pathways.

Please contact us to learn more about our technology and programs at [800.805.1821](tel:800.805.1821) or [connect@empathacm.com](mailto:connect@empathacm.com).



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