

MDGuidelines Website User's Guide

Rev 2.1

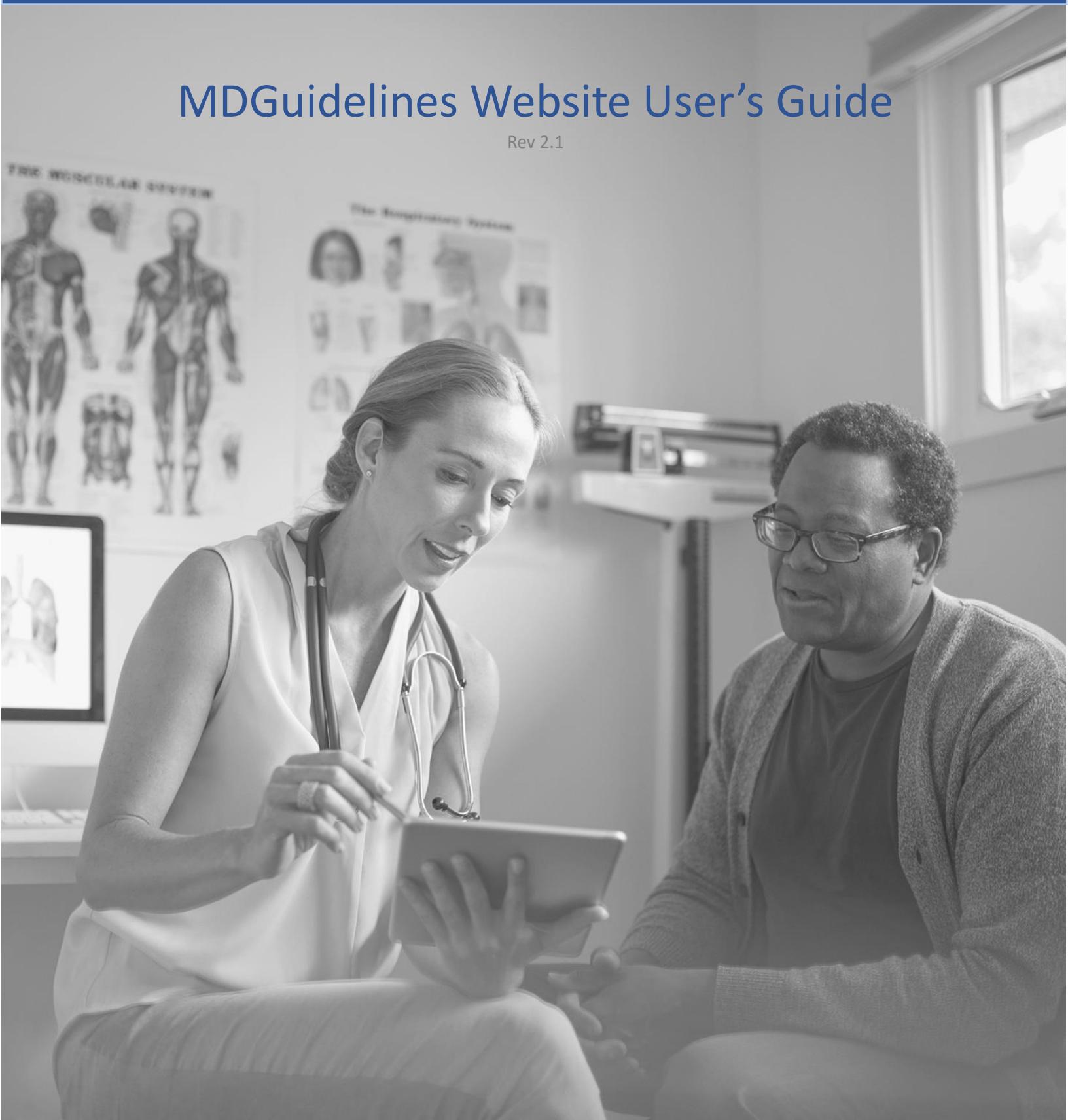


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About MDGuidelines

MDGuidelines is a clinical decision support solution that features the world's most trusted illness and injury duration estimates and evidence-based clinical practice guidelines from the American College of Occupational and Environmental Medicine (ACOEM).

Among other features, MDGuidelines includes a drug formulary, a diagnostic intervention and treatment recommendation tool, a medical cost calculator, and a duration benchmarking utility. Together, the collection of MDGuidelines content, tools, and data helps case managers and clinicians manage health outcomes.

When used at the point of care, MDGuidelines' data and evidence-based medical content help foster physician-patient dialog, resulting in employees returning to health within expected timeframes.

Overview of MDGuidelines' Content and Tools

Health Advisor

The MDGuidelines Health Advisor covers more than 1,200 medical topics, including illnesses, injuries, diagnostic tests, surgical procedures, and therapeutic interventions. Health Advisor topics present medical content and clinician-reviewed duration tables that help clinicians and case managers set recovery expectations with their patients.

ACOEM Clinical Practice Guidelines

The evidence-based guidelines from the American College of Occupational and Environmental Medicine (ACOEM) provide diagnostic and treatment recommendations for common injuries and illnesses. The guidelines take a comprehensive view of illness and injury, considering medical, psychosocial, and functional outcomes. ACOEM's Workflows and Medical Health Questionnaires (MHQs) can be accessed from within the guidelines themselves and from the Dashboard page and Resources dropdown.

Durations

The Durations tool helps you manage patient cases by presenting return-to-activity timeframes for ill and injured individuals in a simplified, interactive dashboard. You can quickly see how long it takes someone to recover from a condition or procedure, guide patient care and set recovery expectations, and determine when a case needs additional support.

Diagnosis and Related Treatments (DART)

The Diagnosis and Related Treatments (DART) tool gives you quick and easy access to the diagnostic and treatment recommendations found in the ACOEM Clinical Practice Guidelines. DART allows you to search for information based on the specific condition and the phase of care (acute, subacute, chronic, or surgical).

Formulary

The MDGuidelines drug formulary promotes quality of care, positive therapeutic outcomes, and safe, cost-effective drug choices. Supported by medical evidence from the ACOEM Clinical Practice Guidelines, the drug formulary provides evidence support for therapeutic agents so that health care providers can choose the most appropriate medication therapy for their patients.

Medical Cost and Treatment Utilization

The Medical Cost and Treatment Utilization tool provides detailed information about treatments commonly associated with ill and injured workers. The tool— used by case managers, utilization reviewers, actuaries, and physicians— provides analytics related to the cost and utilization of care.

Duration Analyzer

Duration Analyzer is designed for organizations and health professionals who want to compare their claims durations to MDGuidelines' physiological and population benchmarks. You can analyze how your population compares to other datasets to identify areas for improvement and cost savings.

Job Title Explorer

The Job Title Explorer, based on information from the Department of Labor's Dictionary of Occupational Titles (DOT) and the Occupational Information Network (O*NET), provides occupation-specific information about thousands of jobs. The tool enables you to quickly identify job tasks and core competencies so that return to work and modified duty expectations can be effectively managed.

Crosswalks

The Crosswalks tool allows you to find diagnostic and treatment recommendations using ICD and CPT medical codes. You can view evidence-based recommendations from the ACOEM Clinical Practice Guidelines, the State of California (MTUS) or the State of New York (MTG). Crosswalks is only available if your license supports CPT codes; if you don't see Crosswalks in your MDGuidelines resources, please contact your account manager for more information.

MDGuidelines Library

The MDGuidelines Library is a collection of journal articles, research studies, webinar recordings, videos, product briefs, and more. You can find information about MDGuidelines' content development methodology and the latest MDGuidelines research in the field of disability and workers' compensation.

Getting Started with MDGuidelines

- There are several ways to access the MDGuidelines website. Many subscribers have a specific Username and Password assigned to them. Some organizations allow their users to access MDGuidelines via Single Sign-On from a company's intranet or from a claims workflow system.
- If you have a Username and Password, you can access MDGuidelines by typing www.mdguidelines.com into your browser and then clicking the gold "Log In" button at the top right-hand corner of the page. Alternatively, you can reach the login page directly at app.mdguidelines.com/login (Figure 1).
- If you ever forget your password, click the "*I forgot my password*" link on the login page. You will be provided with directions for resetting your password.
- For most users, the first time you log into MDGuidelines you will be asked to select a professional role or "persona" to use on the site. This selection is used to highlight specific MDGuidelines content and tools that may be most relevant to you and your work. Regardless of which role you select, you will have access to all of the MDGuidelines content and tools. You can always customize your shortcuts or change personas at any time by clicking on the Edit (pencil) icon in the "Shortcuts" box on the homepage.
- Once you are on the homepage (called the Dashboard), you can search for information using the search bar at the top of the page (Figure 2). The search bar allows you to enter a medical code or keyword to find information about a health topic.

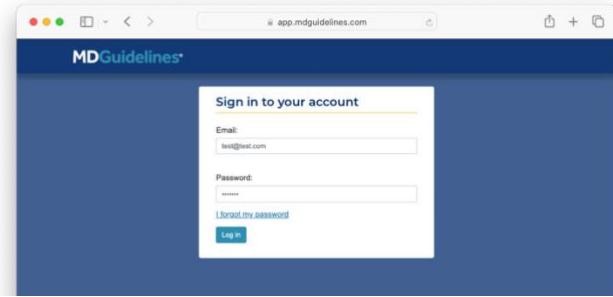


Figure 1: MDGuidelines Log-in screen

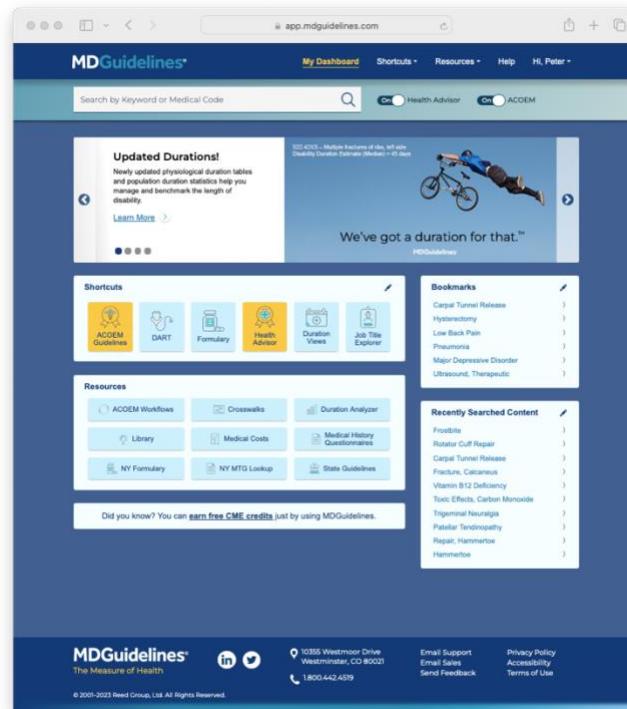


Figure 2: MDGuidelines Dashboard

- MDGuidelines supports searching and displaying the American Medical Association's CPT codes. While using MDGuidelines, if you receive a message stating that "*Your account does not support CPT codes*" please contact your MDGuidelines Account Manager to discuss adding this feature to your license.
- From the Dashboard, click one of the buttons in the "Shortcuts" or "Resources" sections to jump straight to one of the many tools and content sets in MDGuidelines. You can also use the menus at the top of the page to navigate throughout the website.

Health Advisor

- Health Advisor contains more than 1,200 condition and procedure topics with medical information about diagnosis, treatment, complications, prognosis, and recovery.
- From the Health Advisor landing page, use the "*Browse A-Z*" and "*Browse by Body Part*" buttons to quickly navigate to health topics of interest (Figure 3).
- Each Health Advisor topic page has a toolbar of icons at the top of the page (Figure 4). Using the toolbar, you can interact with content in numerous ways:
 - **Search** (magnifying glass icon): allows you to search for a keyword within the page.
 - **Copy** (clipboard icon): allows you to copy text to the clipboard for pasting into another document.
 - **Bookmark** (bookmark icon): allows you to save a page for reference at a later date. You can find your bookmarks on the Dashboard.
 - **Print** (printer icon): allows you to print the page.
 - **Video** (play button icon): directs you to a demo video about Health Advisor.
 - **Help** (question mark icon): directs you to Help text.

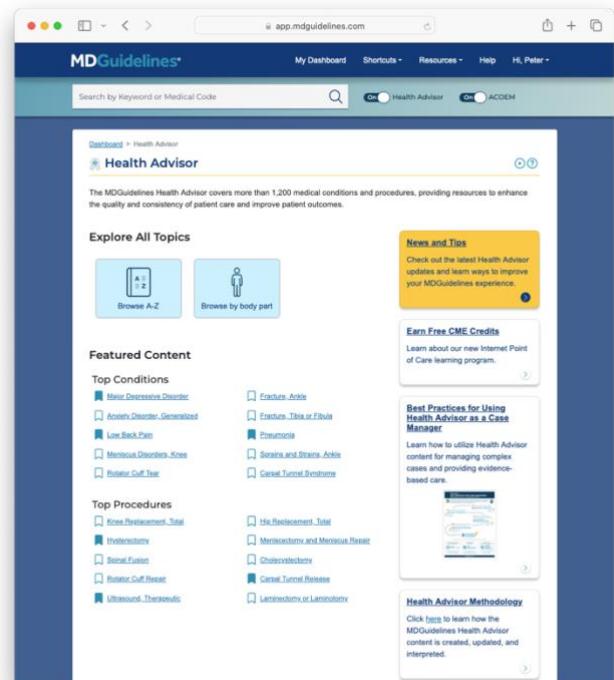


Figure 3: Health Advisor landing page

- The “*Expand All*” button at the top of the page opens all the various sections of content found in a Health Advisor topic. Once content is opened, the button name changes to “*Collapse All*.”
- Clicking the “*Contents*” icon on the gold palette on the left-hand side of the page allows you quickly jump to an area of interest. You can also rearrange content sections by clicking the *Reorder* button at the bottom of the Table of Contents.
- The “*Duration*” and “*Medical Codes*” icons on the left-hand side of the page direct you to related content that is available for a particular topic.
- Depending on the topic, there may be 12+ different content sections organized under various headings. For example:
 - Ability to Work: This content section helps you understand restrictions and/or accommodations an individual may require when returning to activity following illness or injury.
 - Failure to Recover: The content in this section is used to understand the specifics of an individual’s medical case and to discover why a patient has not recovered in the expected timeframe.
 - Length of Disability: This content section may include duration tables that provide approximate recovery timeframes based on physiological healing times. These duration estimates show the amount of time needed to biologically recover from a specific illness, injury, medical procedure, or surgery. [For more information about duration tables, see the [Durations](#) section.]

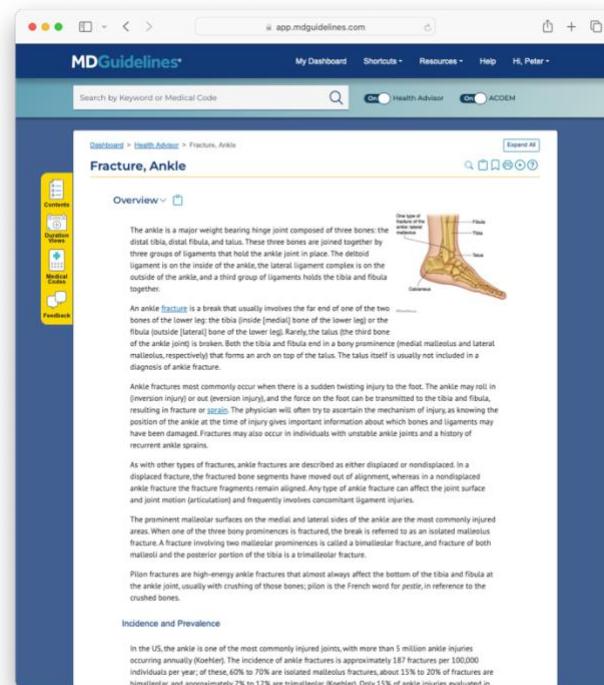


Figure 4: Health Advisor topic page

ACOEM Clinical Practice Guidelines and the ACOEM Navigator

- Guidelines from the American College of Environmental and Occupational Medicine (ACOEM) guidelines provide evidence-based recommendations on diagnostic interventions and treatment options for common injuries and illnesses. (*Figure 5*).
- The ACOEM guidelines are a valuable tool for clinicians to determine the most efficacious approach to clinical diagnosis and treatment. ACOEM guidance is based on randomized controlled trials in the medical literature and the clinical expertise of multidisciplinary panels. The guidelines are peer reviewed by clinicians and medical societies.
- Following evidence-based guidelines, such as those provided by ACOEM, can help clinicians avoid treatments that are low-value or even potentially harmful to the patient.
- The ACOEM guidelines can be explored using the *ACOEM Navigator* tool, which facilitates fast and easy access to the guidelines.

Figure 5: ACOEM Guidelines landing page

Figure 6: Ankle and Foot Disorder Guideline

- The ACOEM Navigator is integrated into the landing page that appears when you click the ACOEM Guidelines button on the Dashboard, or when you select “ACOEM Guidelines” from the top navigation bar.
- The ACOEM Navigator includes *bookmark*, *copy*, and *find* functions so you can save passages for future access, cite sections, and look up keywords within sections of text (Figure 6).
- The ACOEM Navigator also features a gold *floating toolbar palette* that includes each guideline’s table of contents to help you see the full picture of the guideline at-a-glance and quickly jump to any section of interest, as well as links to the DART and Formulary tools.

Durations

- The Durations tool provides estimates of a person’s length of disability due to illness or injury.
- The dashboard features a speedometer with five distinct types of duration estimates: Real World Average, Early return, Expected return, Evaluate return, and Analytic Prediction. (Figure 7) Please refer to the [Glossary of Terms](#) for definitions of each type of estimate.
- The Activity Level slider allows you to see how physical demands impact the Early, Expected, and Evaluate duration milestones. Integration with the Job Title Explorer tool also allows you to search for an activity level by job title.
- The **Analytic Prediction** allows you to find duration estimates based on an individual’s demographics and comorbidities. You can select age, sex, activity level, and program type to generate an estimated recovery time. This predictive model shows which comorbidities are most likely to affect recovery and adjusts the predicted duration accordingly.

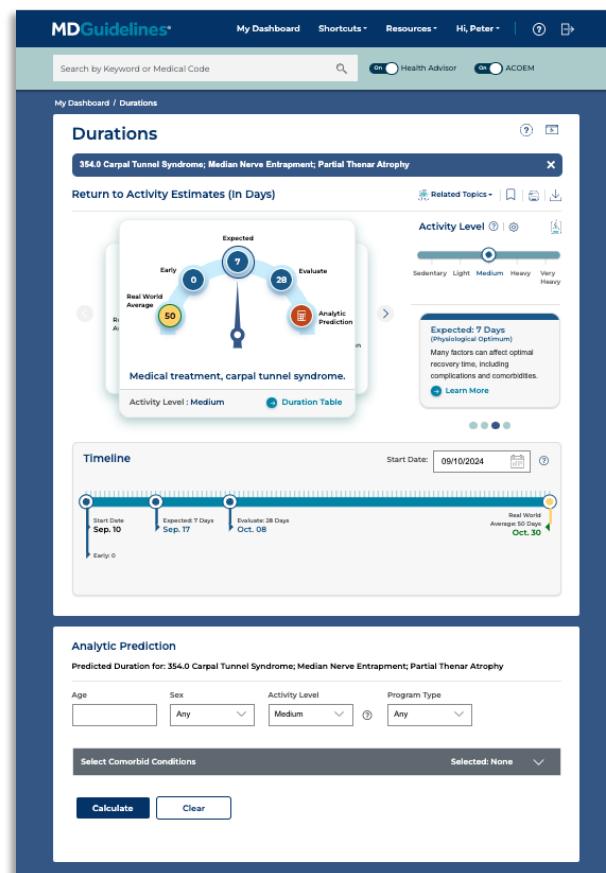


Figure 7: Durations Tool (Dashboard)

- The **Timeline** combines all available duration estimates and allows you to add the date the claim started so you **can** see the exact calendar dates of these expected milestones.
- **Duration Tables** can be found by clicking the “Duration Table” link under the speedometer. There, you can view a single duration table and its related content, including *Length of Disability* and *Factors Influencing Duration*. (Figure 8) You can also click the “Compare Duration” button to see all available tables in a single screen.
- In cases where physical demands are irrelevant to the recovery period (as may occur with certain conditions, procedures, and mental health diagnoses, for example) the duration table may present a set of values with “Any” as the activity level.

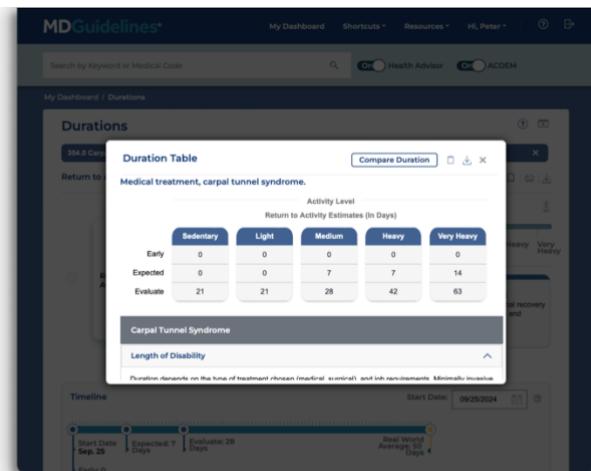
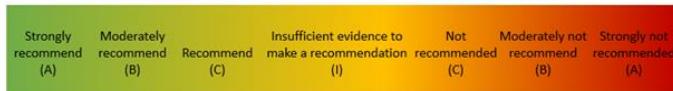


Figure 8: Durations tool (Sample duration table)

Diagnosis and Related Treatments (DART) Tool

- The Diagnosis and Related Treatments (DART) tool provides easy access to diagnostic and treatment recommendations taken from the ACOEM Clinical Practice Guidelines.
- You can begin using the DART tool by searching for a keyword to find a topic covered by the ACOEM Clinical Practice Guidelines (Figure 9).
- In the search query, you can indicate what *category of treatment* you are looking for, such as diagnostic interventions or medications, and what *phase of treatment* the patient is in, such as acute or chronic.
- The DART tool also allows you to search for a specific treatment or diagnostic intervention by clicking the “*Search by Intervention*” tab on the landing page (Figure 10).
- Each treatment expands into a summary of the recommendations, available evidence, and details such as indications, frequency/dose/duration, and rationale, which are easy to copy/paste or print. Expand the section by clicking the “+” icon.
- Recommendations are made at the following *levels of evidence*:



- Strongly recommended (A)
- Moderately recommended (B)
- Recommended (C)
- Insufficient evidence to make a recommendation (I)
- Not recommended (C)
- Moderately not recommended (B)
- Strongly not recommended (A)

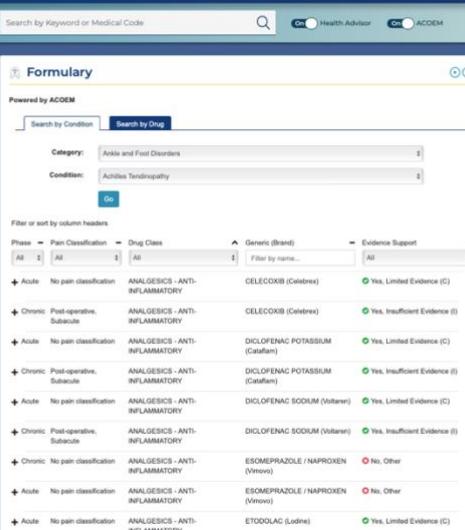
Figure 9: DART (Search by Topic)

Figure 10: DART (Search by Intervention)

Formulary

- Based on recommendations from the ACOEM Clinical Practice Guidelines, the Formulary provides evidence support for therapeutic agents so that health care providers can choose the most appropriate medication therapy for work-related injuries.
- You can search the Formulary by condition or drug (Figures 11 and 12). Results can be sorted and filtered based on *phase of care*, *pain classification*, *drug class*, *generic or brand*, and *evidence support*.

- The formulary search results provide:
 - Specific conditions by category
 - Phase of treatment (acute and chronic)
 - Class of medications
 - Specific medications (generic listing and brand examples)
 - Evidence support
 - Pain classification (includes descriptors of pain to provide guidance on the selection of medication for the condition)
 - Comments to guide clinicians and claims professionals
 - Related medical codes
 - Average estimated cost
 - References



MD Guidelines®

My Dashboard Shortcuts · Resources · Help Hi, Peter ·

Search by Keyword or Medical Code

Search by Condition

Search by Drug

Category: Arthritis and Frost Disorders

Condition: Achilles Tendinopathy

Go

Filter or sort by column headers

Phase	Pain Classification	Drug Class	Generic (Brand)	Evidence Support	
All	All	All	Filter by name...	All	
+	Acute	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	CELECOXIB (Celebrex)	Yes, Limited Evidence (C)
+	Chronic	Post-operative, Subacute	ANALGESICS - ANTI-INFLAMMATORY	CELECOXIB (Celebrex)	Yes, Insufficient Evidence (I)
+	Acute	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	DICLOFENAC POTASSIUM (Catalyst)	Yes, Limited Evidence (C)
+	Chronic	Post-operative, Subacute	ANALGESICS - ANTI-INFLAMMATORY	DICLOFENAC POTASSIUM (Catalyst)	Yes, Insufficient Evidence (I)
+	Acute	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	DICLOFENAC SODIUM (Voltaren)	Yes, Limited Evidence (C)
+	Chronic	Post-operative, Subacute	ANALGESICS - ANTI-INFLAMMATORY	DICLOFENAC SODIUM (Voltaren)	Yes, Insufficient Evidence (I)
+	Chronic	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	ESOMEPRAZOLE / NAPROXEN (Vimovo)	No, Other
+	Acute	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	ESOMEPRAZOLE / NAPROXEN (Vimovo)	No, Other
+	Acute	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	ETOPOOLAC (Lodine)	Yes, Limited Evidence (C)
+	Chronic	Post-operative, Subacute	ANALGESICS - ANTI-INFLAMMATORY	ETOPOOLAC (Lodine)	Yes, Insufficient Evidence (I)
+	Acute	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	FAMOTIDINE / IBUPROFEN (Duasys)	No, Other
+	Chronic	No pain classification	ANALGESICS - ANTI-INFLAMMATORY	FAMOTIDINE / IBUPROFEN (Duasys)	No, Other

Figure 11: Formulary (Search by Condition)

Search by Keyword or Medical Code 

Powered by ACOEM 

Drug Detail
PREDNISONE (Strapped)

Class CORTICOSTEROIDS

Avg. Estimated Cost \$3.01

Filter or sort by column headers:

Category	Condition	Phase	Pain Classification	Evidence Support
All	All	All	All	All
Ankle and Foot Disorders	Achilles Tendinopathy	Acute	No pain classification	<input checked="" type="radio"/> No, Insufficient Evidence (0)
Ankle and Foot Disorders	Achilles Tendinopathy	Chronic	No pain classification	<input checked="" type="radio"/> No, Insufficient Evidence (0)
Comments for Prescriber	Oral or IM steroids are not recommended for the treatment of subacute or chronic Achilles tendinopathy.			
Comments for Claims Professional	Oral or IM steroids are not recommended for the treatment of subacute or chronic Achilles tendinopathy.			
ICD-10	M68.361, M68.362, M68.369, M68.861, M68.862, M68.869, M76.02, M76.61, M76.62			
References	External Citation 1 External Citation 2			
Ankle and Foot Disorders	Ankle Sprain	Acute	No pain classification	<input checked="" type="radio"/> No, Insufficient Evidence (0)
Ankle and Foot Disorders	Ankle Sprain	Chronic	No pain classification	<input checked="" type="radio"/> No, Insufficient Evidence (0)
Ankle and Foot Disorders	Middlefoot Sprain	Acute	No pain classification	<input checked="" type="radio"/> No, Insufficient Evidence (0)
Ankle and Foot Disorders	Middlefoot Sprain	Chronic	No pain classification	<input checked="" type="radio"/> No, Insufficient Evidence (0)
Ankle and Foot Disorders	Plantar Heel Pain - Plantar Facitis	Acute	No pain classification	<input checked="" type="radio"/> No, Insufficient Evidence (0)

Figure 12: Formulary (Search by Drug)

Duration Analyzer

- The Duration Analyzer measures the performance of your claims by benchmarking your data against physiological duration estimates and real-world datasets. These comparisons may suggest opportunities to help patients return to activity quickly and safely, improve clinical outcomes, and reduce unnecessary care and expenditures.
- The tool matches claims data on a case-by-case level, looking at diagnostic ICD codes, disability start and end dates, and related information such as job class, age, sex, comorbidities, and disability program type. Once matches are made, data is visualized, and you can drill down on diagnostic areas specific to your interests (*Figure 13*).
- Duration Analyzer uses statistics generated from MDGuidelines' population database. This database provides estimates of disability durations for more than 70,000 medical codes and sets a robust benchmark to help clients measure claims performance (*Figure 14*).
- First, upload your de-identified claims data into the Analyzer and then explore the interactive results by diagnostic category.
- You can download a report of your data in an Excel spreadsheet that includes the MDGuidelines benchmark duration for each claim.

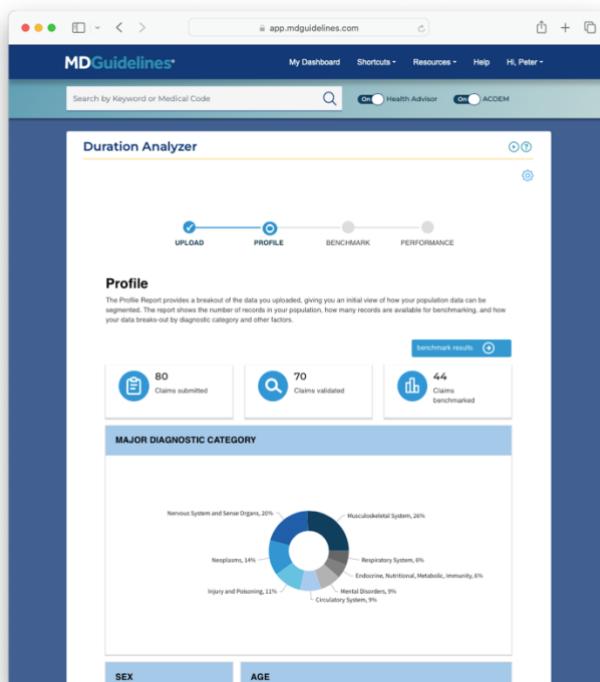


Figure 13: Duration Analyzer (Profile)

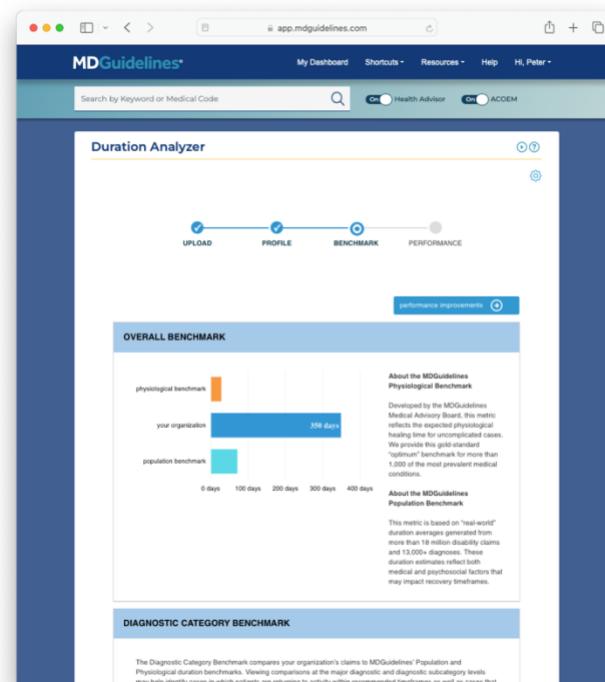


Figure 14: Duration Analyzer (Benchmark)

Medical Cost and Treatment Utilization

- The Medical Cost and Treatment Utilization tool helps you predict medical costs associated with a claim, compare medical costs to national benchmarks, and review diagnostic and treatment statistics.
- The tool allows you to predict medical costs for a disability case, benchmark medical costs, analyze treatment and diagnosis statistics, and find service-specific cost estimates.
- The tool is intended for use by actuaries, insurers, physicians, utilization reviewers, nurses, and nurse case managers.
- To begin, simply type in a keyword or ICD code and enter details about the case. The results will show the range of expected expenses and the commonly used prescriptions or services for people with that condition (*Figures 15 and 16*).
- The tool derives hospitalization cost and length-of-stay values from the Nationwide Inpatient Sample hosted by the Healthcare Cost and Utilization Project (HCUP) at the Agency for Healthcare Research and Quality (AHRQ).

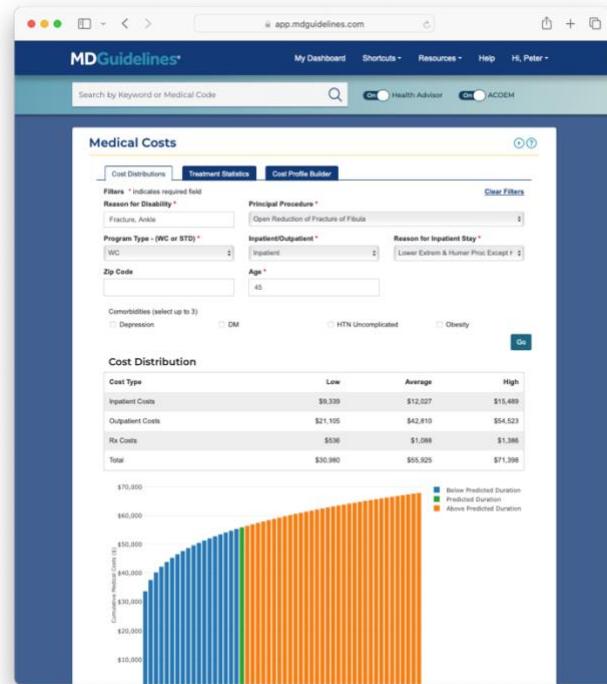


Figure 15: Medical Costs (Cost Distribution)

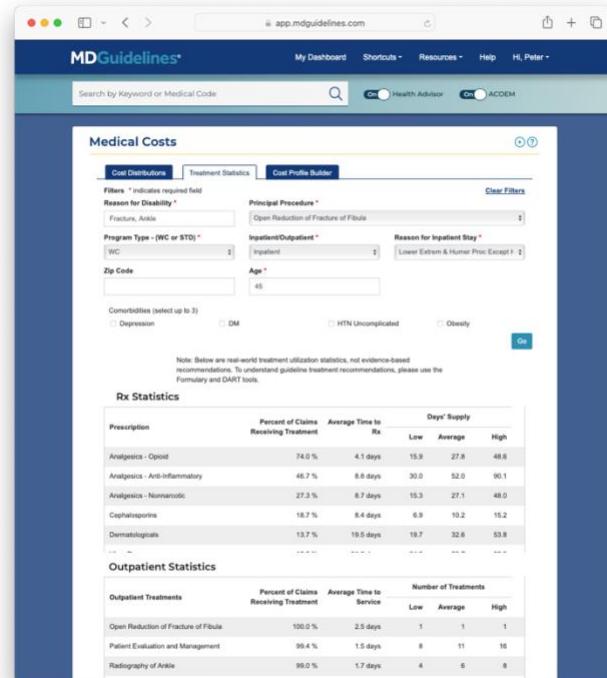


Figure 16: Medical Costs (Treatment Statistics)

Job Title Explorer

- The Job Title Explorer provides occupation-specific information about thousands of jobs utilizing the Department of Labor's Dictionary of Occupational Titles (DOT) and the Occupational Information Network (O*NET). These datasets are used to quantify the skills and cognitive demand needed to be successful at work.
- The tool enables you to quickly identify job tasks so that return-to-work (RTW) and modified duty expectations can be set using data-driven information.
- Job titles and activity levels are integrated in the *Durations* tool to help you quickly find the expected recovery duration based on physical work requirements.
- To get started with the Job Title Explorer, enter a job title or keyword to find occupational information on more than 13,000 job titles (Figures 17 and 18).
- The Job Title Explorer can be used to review the physical and mental demands required to be successful at the job including *sedentary*, *light*, *medium*, *heavy*, or *very heavy* work and link it to the diagnosis to review the expected duration of recovery.
- The information in the Job Title Explorer enables employers and case managers to have a productive talk with their employees and claimants about modified duty or return-to-work expectations.

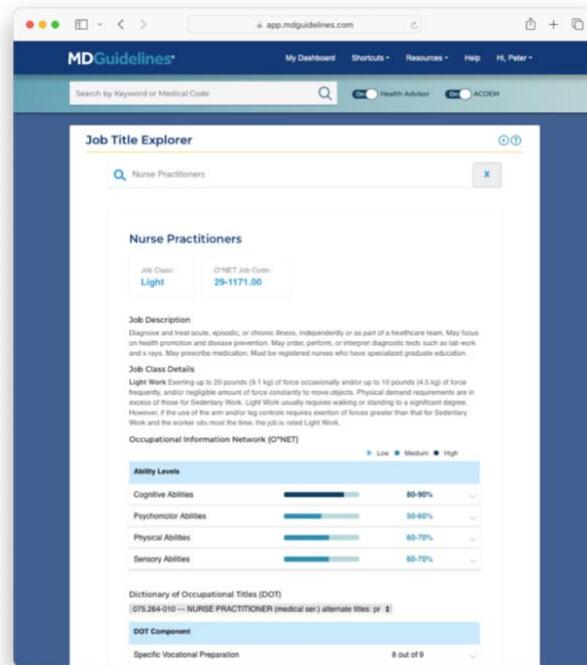


Figure 17: Job Title Explorer (Nurse Practitioner)

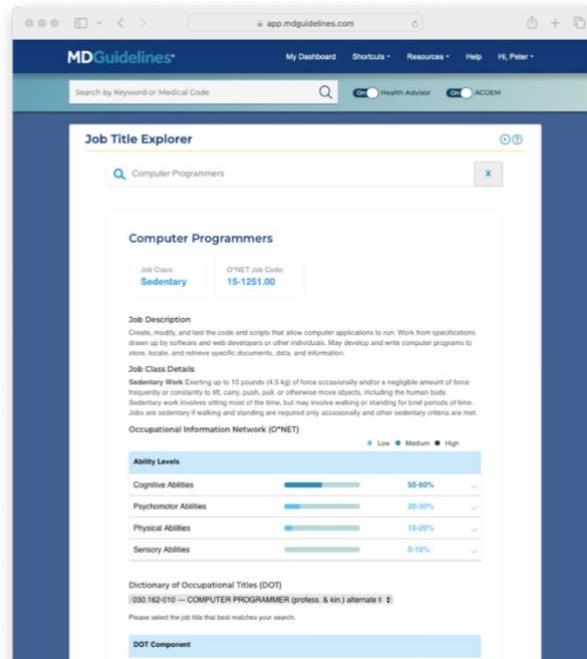


Figure 18: Job Title Explorer (Programmer)

Crosswalks

- If your license supports CPT codes, the Crosswalks tool matches diagnosis and procedure *codes to recommendations* found in evidence-based guidelines.
- To begin, select a specific guideline dataset to work with: ACOEM, State of California (MTUS), or State of New York (MTG).
- To review the recommendations, enter one of the following code types:
 - ICD-9-CM
 - ICD-10-CM
 - CPT code (*Note: CPT codes are only available for subscribers who have purchased the “CPT code option” with their license. For information about this add-on feature, please contact your MDGuidelines Account Manager.*)
- Diagnoses and procedures covered in the selected guideline dataset will appear in the search results (*Figures 19 and 20*).

The screenshot shows the MDGuidelines Crosswalks interface. The search bar at the top contains 'CPT# 27822'. The results table has the following columns: 'Change State' (California), 'ICD Code Type' (ICD-10-CM, ICD-9-CM), 'ICD Code' (Start typing to find an ICD code), and 'CPT# Code' (27822 Open treatment of trimalleolar ankle fracture, includes internal fixation, when performed). The results table lists several ICD-10-CM codes with their descriptions and evidence levels (Recommended, Not Recommended, Limited Evidence C). For example, ICD-10-CM: S82.301A - Unspecified fracture of lower end of right tibia, initial encounter for closed fracture is listed with 'Recommended' status and 'Limited Evidence C'.

Figure 19: Crosswalks (CPT code search)

The screenshot shows the MDGuidelines Crosswalks interface. The search bar at the top contains 'ICD-10-CM M43.26'. The results table has the following columns: 'Change State' (ACOEM), 'ICD Code Type' (ICD-10-CM, ICD-9-CM), 'ICD Code' (M43.26 Fusion of spine, lumbar region), and 'CPT# Code' (Start typing to find a CPT# code). The results table lists several CPT codes with their descriptions and evidence levels (Recommended, Not Recommended, Limited Evidence C). For example, CPT# 20933 - Autograft, includes templating, cutting, placement and internal fixation, when performed; extracartilaginous, including articular surface and vertebral bone (List separately in addition to code for primary procedure) is listed with 'Recommended' status and 'Limited Evidence C'.

Figure 20: Crosswalks (ICD code search)

MDGuidelines Library

- The MDGuidelines Library is a collection of white papers, webinar recordings, product briefs, and news articles related to the MDGuidelines product (*Figure 21*).
- The Library includes a collection of video tutorials that provide a visual overview of distinct parts of the MDGuidelines website, including DART, Formulary, Crosswalks, Medical Costs, Duration Analyzer, Health Advisor, Durations, and the Search Bar (*Figure 22*).
- The Library features recent publications on topics such as Workplace Health and Opioids, Traumatic Brain Injury, Long COVID, Anxiety, and PTSD Treatment and Recovery.
- Use the search bar to explore the content collection or click on the topic navigation on the left-hand side of the page to select a *Topic* or *Content* area of interest.

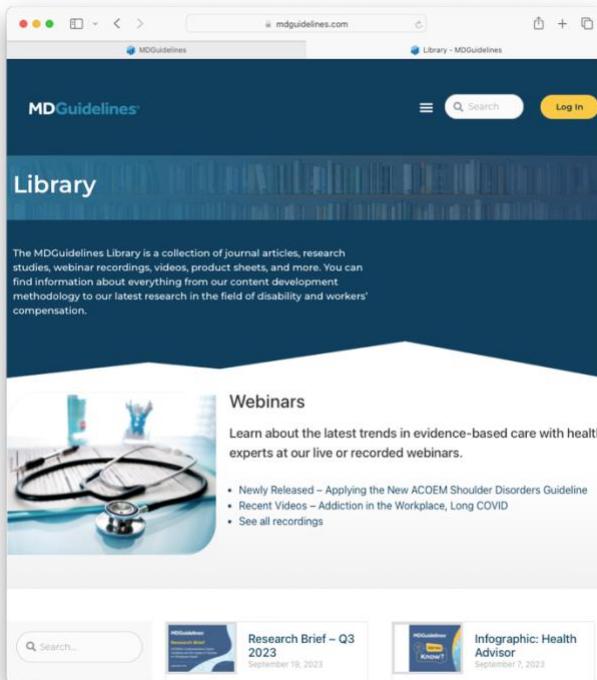


Figure 21: MDGuidelines Library landing page

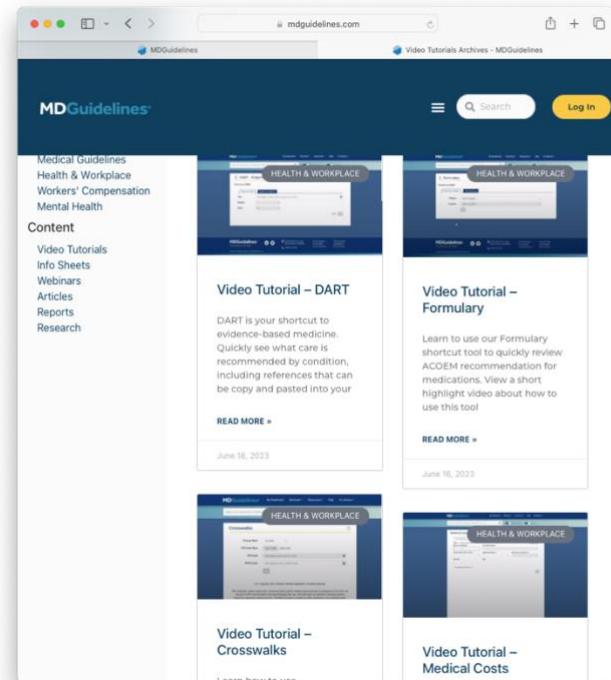


Figure 22: MDGuidelines Library (Video Tutorials)

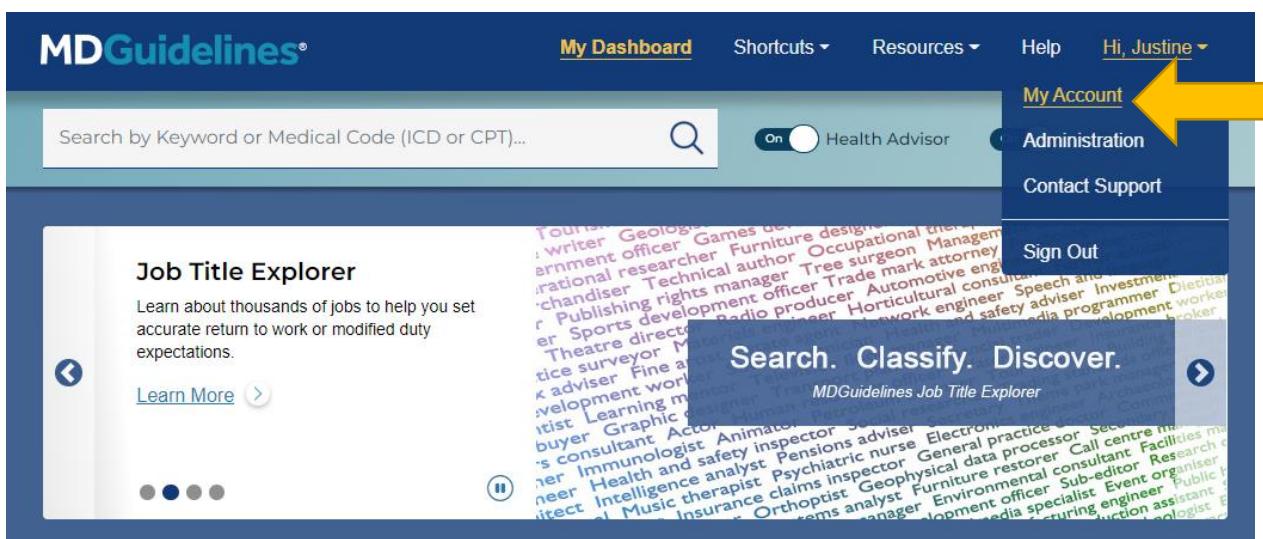
Step-By-Step: Update your Email Address / Login ID

Step 1: On your dashboard (home page), locate the “Hi, [first name]” in the upper right, and click it to access the options in the dropdown menu.



The screenshot shows the MDGuidelines homepage. At the top right, the text "Hi, Justine" is followed by a dropdown arrow. The dropdown menu includes "My Dashboard", "Shortcuts", "Resources", "Help", and "Hi, Justine". Below the menu, there is a search bar, a "Health Advisor" toggle, and an "ACOEM" toggle. The main content area features a "Research Spotlight" section with a "Learn More" button, a thumbnail for the "Journal of Traumatic Stress", and a "MDGUIDELINES LIBRARY" section with a bar chart.

Step 2: Within the dropdown menu, click **My Account**.



The screenshot shows the MDGuidelines homepage with the "Hi, Justine" dropdown menu open. The "My Account" link is highlighted with a yellow arrow. Other options in the menu include "Administration", "Contact Support", and "Sign Out". The main content area features a "Job Title Explorer" section with a "Learn More" button and a "Search. Classify. Discover." section with a bar chart.

Step 3: On the Account Settings page, locate the button that says Update Email.

Account Settings

Your Profile

Name: Justine Ahle
Job Title: Senior Product Manager
Organization: Guidelines Team, Reed Group Ltd, MAB and LeavePro webservices
Phone: [REDACTED]

Account Details

Email Address: justine.ahle@reedgroup.com [Update Email](#)
Password: [REDACTED] [Update Password](#)
Date user account created: 10/13/2021 1:49:23 PM
Date license expires: 12/7/2025 12:00:00 AM [Email Sales](#)

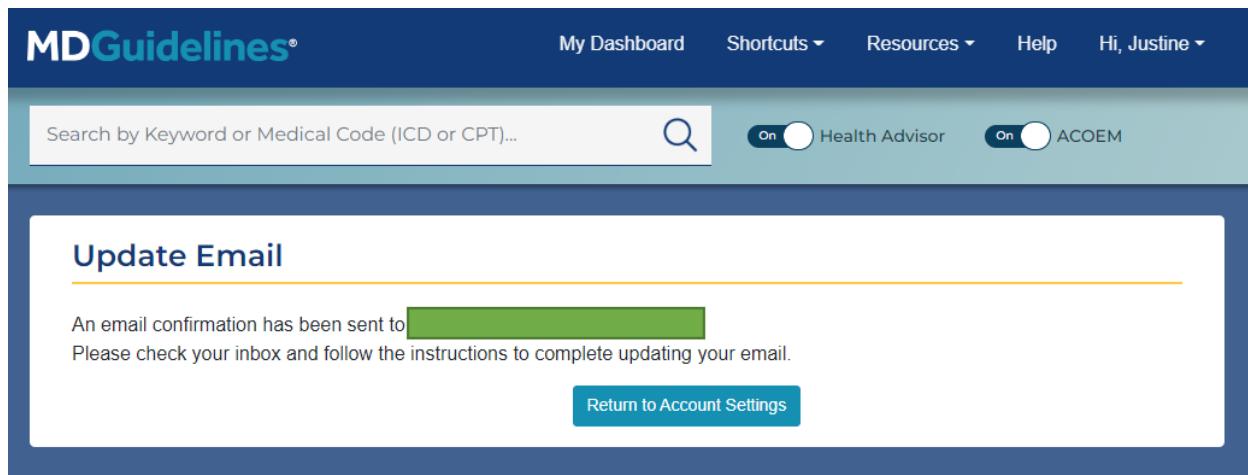
Step 4: Click the Update Email button to be taken to the following page and enter your new email address, then click the teal Update Email button:

Update Email

Email address Required

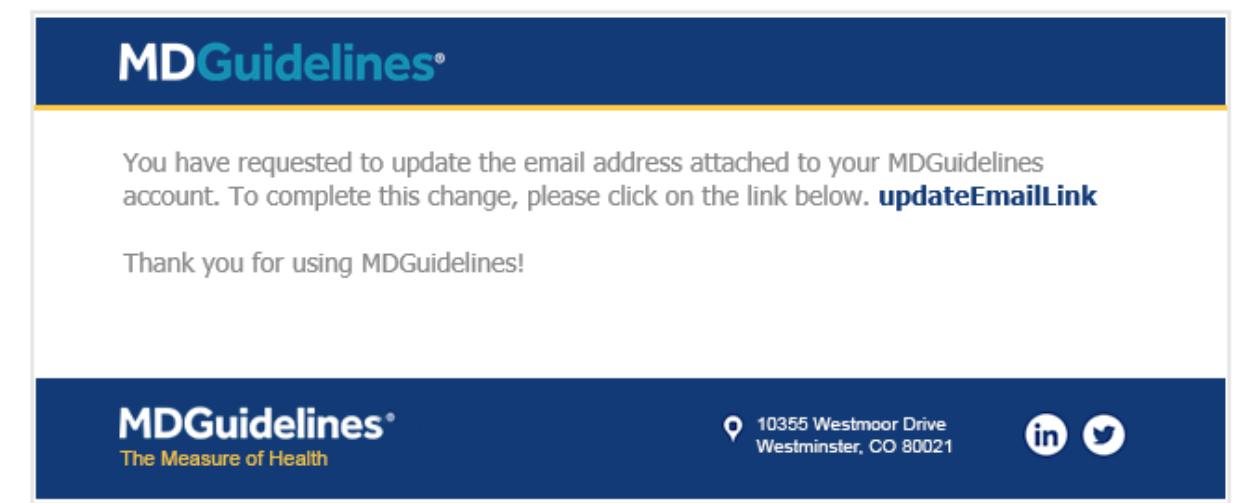
[Cancel](#) [Update Email](#)

Step 5: You'll receive a message indicating that a confirmation email has been sent to your new email address, and a button to return to the My Account page:



The screenshot shows the MDGuidelines website interface. At the top, there is a dark blue header with the MDGuidelines logo on the left and navigation links for 'My Dashboard', 'Shortcuts', 'Resources', 'Help', and a 'Hi, Justine' dropdown on the right. Below the header is a light blue search bar with a placeholder 'Search by Keyword or Medical Code (ICD or CPT)...' and a magnifying glass icon. To the right of the search bar are two toggle buttons: 'Health Advisor' (on) and 'ACOEM' (on). The main content area has a dark blue background and contains a white box titled 'Update Email'. Inside the box, a message says: 'An email confirmation has been sent to [redacted]. Please check your inbox and follow the instructions to complete updating your email.' Below the message is a blue button labeled 'Return to Account Settings'.

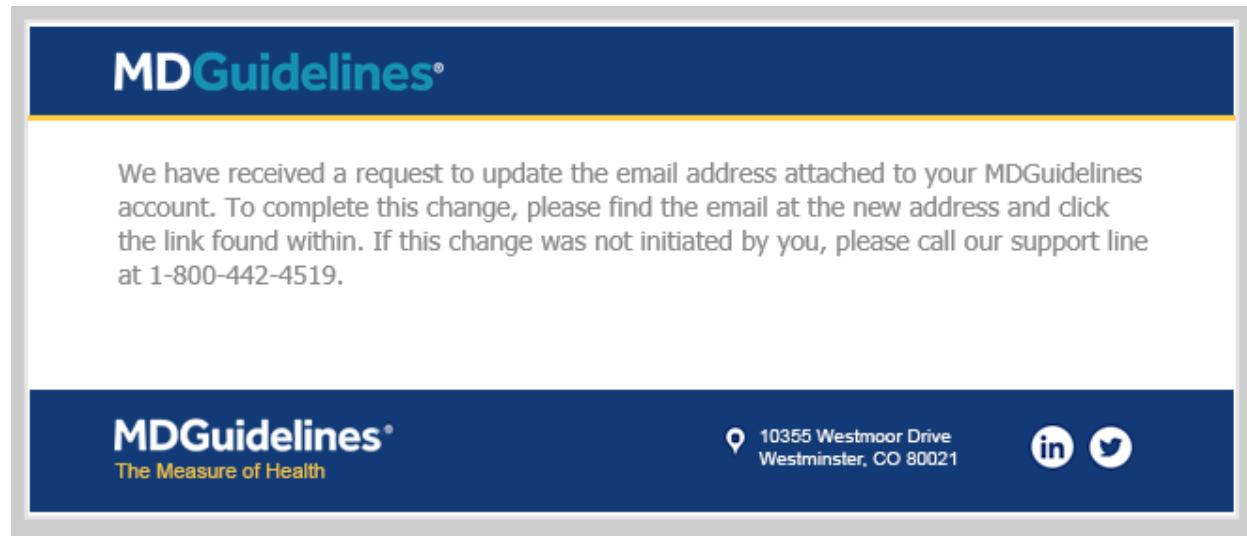
Step 6: The message to your new email address will look like the below. Click the link to confirm your new email address and finalize the update:



The screenshot shows an email message from MDGuidelines. The subject line is 'Email Address Update Confirmation'. The body of the email reads: 'You have requested to update the email address attached to your MDGuidelines account. To complete this change, please click on the link below. [updateEmailLink](#)' followed by 'Thank you for using MDGuidelines!'.

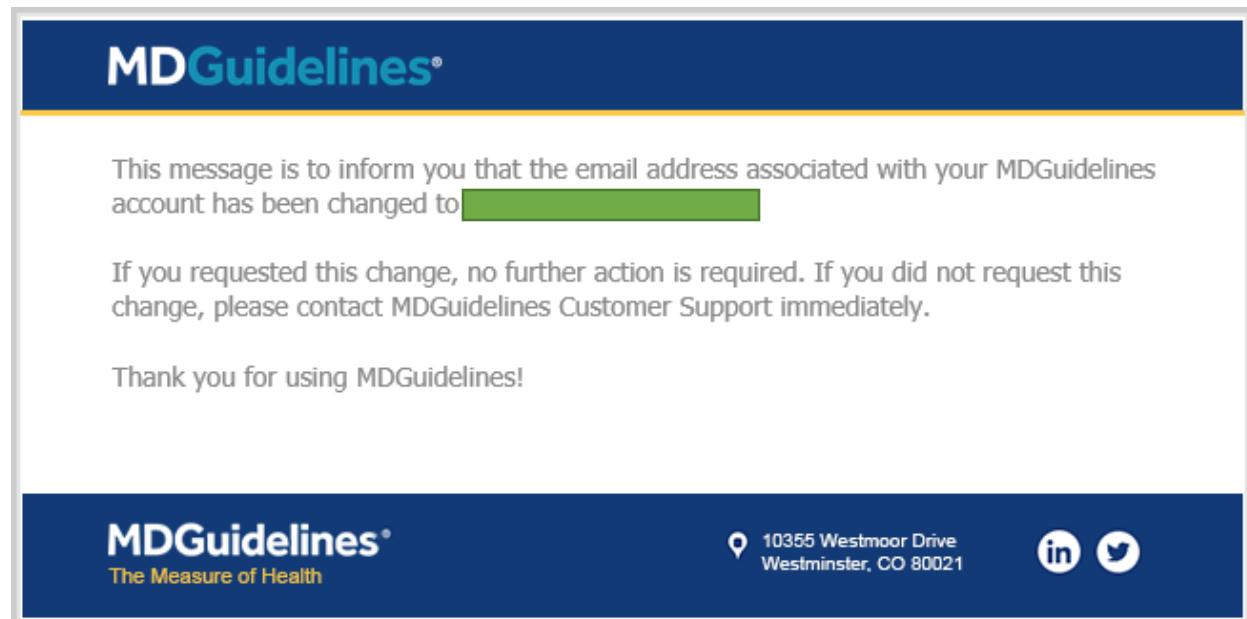
At the bottom of the email, there is a dark blue footer with the MDGuidelines logo and tagline 'The Measure of Health' on the left. On the right, there is an address '10355 Westmoor Drive, Westminster, CO 80021' with a location pin icon, and social media links for LinkedIn and Twitter.

You'll also receive two messages to your old email address, one to notify you that a change has been requested:



The image shows an email message from MDGuidelines. The subject line is "Request to update email address". The body of the email contains the following text: "We have received a request to update the email address attached to your MDGuidelines account. To complete this change, please find the email at the new address and click the link found within. If this change was not initiated by you, please call our support line at 1-800-442-4519." The footer of the email includes the MDGuidelines logo, the address "10355 Westmoor Drive, Westminster, CO 80021", and social media links for LinkedIn and Twitter.

And one to confirm that the change is complete:



The image shows an email message from MDGuidelines. The subject line is "Email address changed". The body of the email contains the following text: "This message is to inform you that the email address associated with your MDGuidelines account has been changed to [REDACTED]". Below this, it says: "If you requested this change, no further action is required. If you did not request this change, please contact MDGuidelines Customer Support immediately." The footer of the email includes the MDGuidelines logo, the address "10355 Westmoor Drive, Westminster, CO 80021", and social media links for LinkedIn and Twitter.

Glossary of Terms

ACOEM	Acronym for the American College of Occupational and Environmental Medicine.
Activity Level	<p>In most MDGuidelines physiological duration tables, five activity levels are displayed (<i>Sedentary, Light, Medium, Heavy, Very Heavy</i>). These levels are based on the amount of physical effort required to perform the work. For certain conditions or procedures where physical demand level is irrelevant to the recovery period, activity level is combined into one column and displayed as “<i>Any</i>.”</p> <p>The activity levels (also known as job classifications) are defined by the U.S. Department of Labor’s Dictionary of Occupational Titles (DOT). The definitions from that publication are as follows:</p> <p><i>Sedentary</i>—Exerting up to 10 pounds (4.5 kg) of force occasionally and/or a negligible amount of force frequently or constantly to lift, carry, push, pull, or otherwise move objects or the body. Tasks involve sitting most of the time with brief periods of walking or standing.</p> <p><i>Light</i>—Exerting up to 20 pounds (9.1 kg) of force occasionally and/or up to 10 pounds (4.5 kg) of force frequently to lift, carry, push, pull, or otherwise move objects. Tasks involve a significant amount of walking or standing or using arm and/or leg controls with some force while sitting.</p> <p><i>Medium</i>—Exerting up to 50 pounds (22.7 kg) of force occasionally, and/or up to 25 pounds (11.3 kg) of force frequently, and/or up to 10 pounds (4.5 kg) of force constantly to move objects.</p> <p><i>Heavy</i>—Exerting up to 100 pounds (45.4 kg) of force occasionally, and/or up to 50 pounds (22.7 kg) of force frequently, and/or in excess of 20 pounds (9.1 kg) of force constantly to move objects.</p> <p><i>Very Heavy</i>—Exerting in excess of 100 pounds (45.4 kg) of force occasionally, and/or in excess of 50 pounds (22.7 kg) of force frequently, and/or in excess of 20 pounds (9.1 kg) of force constantly to move objects.</p>
Analytic Prediction	The estimate of when an individual is likely to be able to return to activity, calculated using the real-world population dataset and adjusted by factors specific to each case (including age, sex and comorbid conditions).
CME Credits (IPoC)	Continuing Medical Education (CME) credits can be earned by using MDGuidelines as part of the Internet Point-of-Care (IPoC) learning program. IPoC learning is a certified activity in which a physician or other health care professional engages in self-directed, online learning on topics relevant to their clinical practice by reading MDGuidelines.

CPT	Acronym for Current Procedural Terminology. These codes, published by the American Medical Association, offer doctors and health professionals a uniform language for coding medical services and procedures. To view CPT codes in MDGuidelines, your license must be enabled for CPT code access. Please contact your MDGuidelines Account Manager for more information.
DART	Acronym for Diagnosis and Related Treatments tool.
Duration	Refers to the number of calendar days that an individual is out of work or unable to perform activities due to illness or injury. Duration may also be called the “length of disability” or “return to activity estimate.”
Early Return	The minimum recovery time most individuals require to return to activity or work at the same performance level as prior to injury, illness, or surgery. Formerly known as <i>physiological minimum</i> .
Evaluate Return	The point in time when additional case information should be requested to determine if/when the individual may be able to return to activity. Formerly known as <i>physiological maximum</i> .
Expected Return	The point in time when most individuals are likely to be able to return to activity, assuming optimal management and no significant complications/comorbidities. Formerly known as <i>physiological optimum</i> .
Health Advisor	MDGuidelines’ return-to-activity monographs, covering more than 1,200 medical condition and procedure topics. Many Health Advisor topics include duration tables indicating how long an individual may be off work or unable to participate in activities with a particular injury or illness.
“Indefinite” Duration	Found in physiological duration tables in select cases. The term “Indefinite” indicates that the patient may be unable to return to their previous activity level and additional information should be obtained from the treating physician regarding the patient’s medical case.
Medical Disability Advisor (MDA)	A reference text that was the precursor to the MDGuidelines website and Health Advisor. Recognizing the significant role of work in a patient’s recovery, Dr. Presley Reed created the MDA to provide health professionals with information on recovery expectations. ReedGroup published five iterations of the MDA as a hard cover textbook before it became what is known today as the MDGuidelines Health Advisor.
Physiological Duration	Found in the Durations tool, Duration Analyzer, and Health Advisor duration tables. Physiological durations reflect uncomplicated cases with a return to full activity, although a return to modified activity is possible in most cases. These durations provide approximate return-to-activity timelines for injured or ill individuals according to physiological healing times and are most useful when envisioned as a continuum in the case management process.

Population Duration	Found in Durations tool, and Duration Analyzer, the population duration displays summary statistics from MDGuidelines' database of more than 25+ million real-world claims. The statistics in the Population Duration represent the actual observed experience of individuals across the spectrum of physical conditions in uncomplicated and complicated cases, in a variety of industries across the country, and with varying levels of case management. Population durations can be used to provide additional context to help benchmark cases.
Psychosocial Factors	Variables that influence an employee's return to work which are unrelated to biomedical injuries or illnesses. Examples include socioeconomic status, marital status, education level, litigation, job satisfaction, etc. MDGuidelines physiological durations <i>exclude</i> psychosocial factors whereas the population durations <i>include</i> these variables.
Real World Average	The statistical average of real-world cases calculated using 25+ million claims of varying complexity and care management, and across all activity levels and industries.
Risk/Capacity/Tolerance	<p>The model used to evaluate an individual's readiness to return to activity or work.</p> <p><i>Risk</i> is the basis for physician-imposed activity restrictions. Risk considers the chance of harm to the individual, coworkers, or the public upon engagement in specific activities during recovery.</p> <p><i>Capacity</i> is the basis for physician-imposed activity limitations that indicate the individual is not yet physically capable of an activity. This concept refers to the physical or mental ability of an individual to safely return to activity during recovery.</p> <p><i>Tolerance</i> is the ability of individuals to experience symptoms, such as pain and fatigue, while performing activities during recovery.</p> <p>These concepts are presented in the physiological duration tables as follows: Risk is associated with <i>Early return</i>, Capacity is associated with <i>Expected return</i>, Tolerance is associated with <i>Evaluate return</i>.</p>
RTW	Acronym for Return to Work.

Contact Us

- For technical support, contact (800) 442-4519.
- To provide input on MDGuidelines content or features, email MDG-feedback@mdguidelines.com
- To contact your Account Manager or the MDGuidelines Sales Team, email guidelines_sales@mdguidelines.com