



“I’m ready for some support.”

Frustrated by low back pain? You’re not alone. Eighty percent of adults experience low back pain at some point in their life.* Low back pain can be challenging, but you don’t have to face it alone.

The **Healthy Back Program** is here to help.

When you enroll in the Healthy Back Program, you’ll be paired with a personal Health Coach who specializes in low back pain. Your coach will work with you to:

- Understand your treatment options
- Make sure you have access to the right care
- Provide tools on how to manage low back pain

You’ll also have access to a website that has information on low back pain. It’s all at no additional cost to you as a part of your benefits.

Get the support you need. Call today.

The Healthy Back Program



Call to start today.

1-800-478-1057



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*SOURCE: <http://healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=3>

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All quotes used herein are fictitious and are intended to illustrate typical member experiences.

The information provided through the Healthy Back program is for informational purposes only and is provided as part of your health plan. This telephonic service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. Wellness nurses, coaches and other phone representatives cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor’s care. Your personal health information is kept private in accordance with your plan’s privacy policy. The Healthy Back program is not an insurance program and may be discontinued at any time.

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