Living with pain can be frustrating — from determining the cause of pain to taking the right steps to manage it. If you suffer from back, neck or other joint pain, we’re here to help.

This program offers ongoing personalized support at no extra cost to you, as part of your benefits. So call today — an orthopedic nurse advocate is ready to answer your questions and help you:

- Understand treatment options.
- Manage your pain.
- Learn more about a certain diagnosis.
- Access high-quality providers.
- Prepare for surgery and recovery.

Whether you just started experiencing pain or have had it for a long time, we’re here to help.

Call the member number on your health plan ID card and ask for Orthopedic Health Support.

If you’re considering undergoing a procedure, contact your orthopedic nurse advocate to discuss having your procedure done at an approved Centers of Excellence facility. Taking these steps may reduce your out-of-pocket costs and may give you a better chance at a successful outcome.

Put pain back in it’s place.

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