



Put pain back in it’s place.

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.



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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.

