

Suggestions to help prevent back pain

Regular Exercise

Talk to your doctor before beginning an exercise program.

Shoes

Wear shoes with no or low heels; high heels can put you off balance.



Lifting

Try to keep things close to your body when you are lifting or carrying them. Don't lift heavy objects over your head.

Sit Straight

- Avoid slouching
- Choose a height that puts your work at eye level
- Use a lumbar (back) support in the chair
- Turn your chair or your entire body when reaching
- Keep your legs uncrossed or cross at the ankles
- Get up and stretch often

Staying Fit

Being even 10–15 pounds overweight can stress your back and cause pain. Added weight means added pressure to your spine.

Sleep Smart

It is important to have a comfortable medium-to-firm mattress. The best position for your back is to lie on your side with your knees bent. Avoid sleeping on your stomach. Sleep with a pillow that lets your neck and spine remain in a straight line.

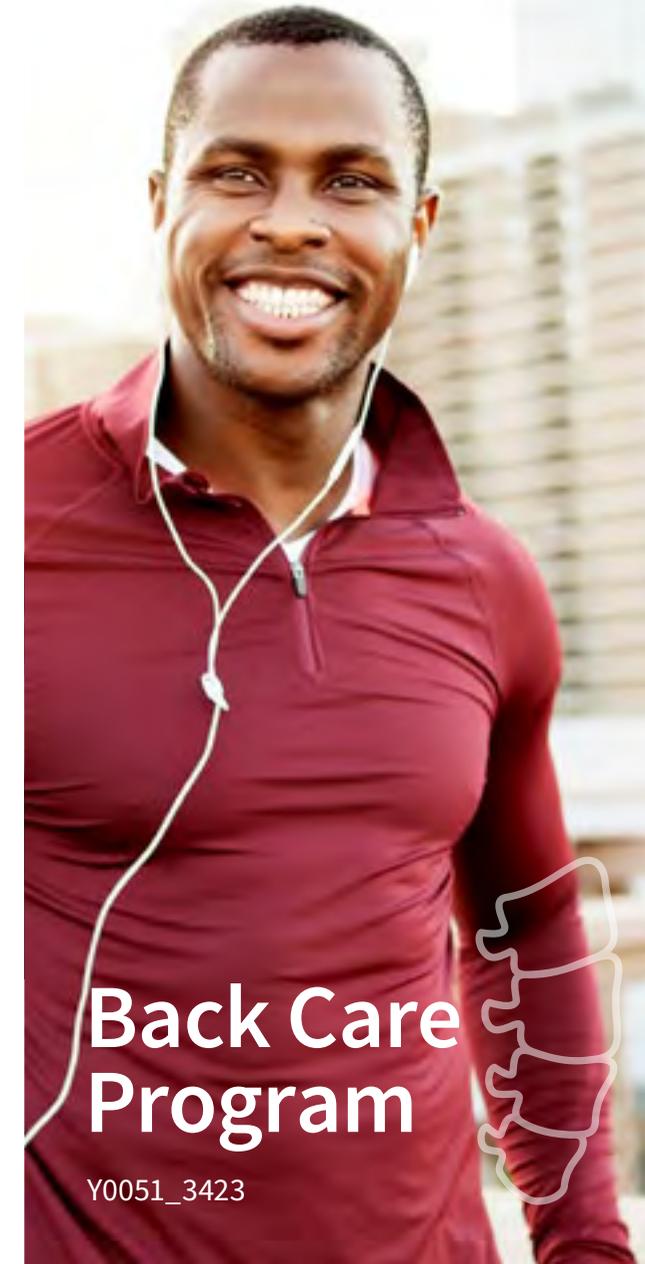
Managing an ongoing medical condition sometimes takes an extra hand.

The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

Contact MVP to learn more about the MVP Health Management programs.

 Call **1-866-942-7966**
(TTY: **1-800-662-1220**)

 Or visit mvphealthcare.com



Back Care Program

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The MVP Back Care Program

was created to assist you in making healthy lifestyle changes, and provide you with information that can help to decrease your pain and increase what you can do.

If you qualify, a Health Coach will work with you to help you control your back pain and function better.



You are eligible for the Back Care Program if you are an MVP member who has had low back pain for at least three months.

Members who participate in the program will receive the Spine Column newsletter and other helpful information about back care and how to manage chronic back pain.

If you have any of the following symptoms, you may qualify to work with a Health Coach:

- Miss work due to low back pain
- Find it hard to do everyday tasks
- Wake up from sleep due to low back pain
- Feel that your mood or stress level is affected by pain

What does the program provide?

Through telephone consultation, your Health Coach will help you develop an individualized plan that may include:

- Learning proper body mechanics and joint-sparing techniques
- Routine stretching and strengthening exercises
- Healthy lifestyle changes
- Simple changes in your environment and daily activities at home and at work
- Relaxation techniques
- Understanding and managing the connection between chronic pain and stress

Set and Meet Program Goals

Your objectives may include some or all of the these goals to help you find what works for you:

- Back care education
- Regular stretching and exercise
- Pain management strategies
- Reducing stress
- Recognizing signs of depression—something that can be common with people living with chronic back pain
- Weight management
- Environmental changes



Call 1-866-942-7966 to learn more about this program or to request materials to help you stay healthy.