Get back to doing what you love.

Living with pain can be frustrating — from determining the cause of pain to taking the right steps to manage it. **If you suffer from pain in your back, neck, shoulder, hip or knee, we're here to help.**

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

- Understand treatment options, costs, your benefits and how you could save money.
- Manage your pain with help from a registered nurse.
- Learn more about a certain diagnosis and your options.
- Access high-quality providers and find resources that you may not be aware of today.
- Prepare for surgery and plan for 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.**

**myuhc.phs.com/orthopedichealth**