



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



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time. The Centers of Excellence (COE) program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct healthcare services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted healthcare professional or medical center.

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