

The MVP Back Care Program

is designed for members who have been living with low back pain for at least three months, providing extra support to help you better manage your health. By working with your MVP Health Coach—and following your doctor's recommendations—you'll have the tools, education, and resources to make healthy lifestyle changes to help reduce pain and increase functionality.

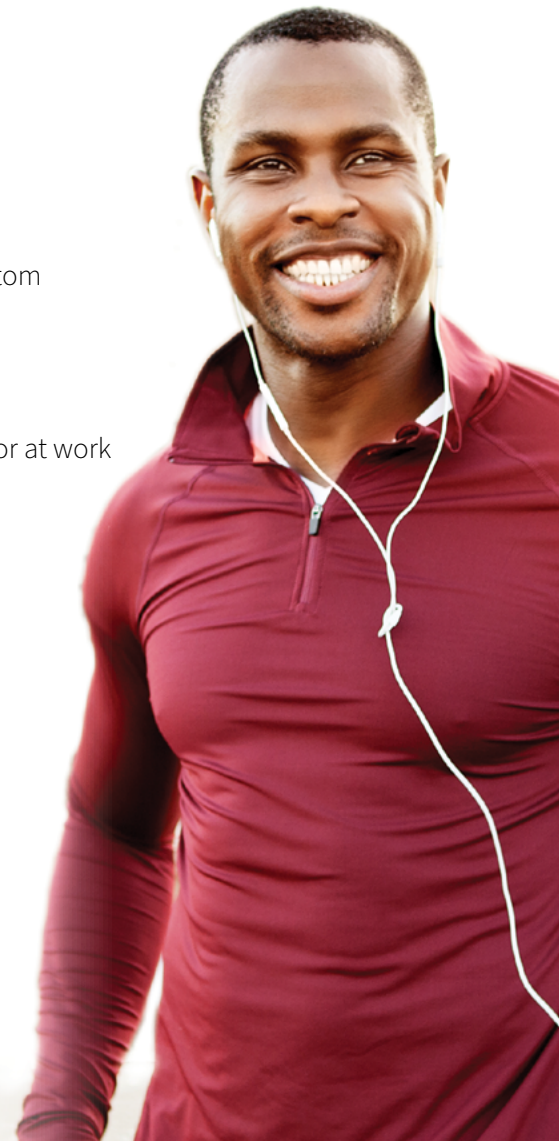
You may benefit from this program if you:

- 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?

Get private telephone outreach from a Health Coach to develop a custom plan to manage your back pain. Your plan may include:

- Learning proper body mechanics and joint-sparing techniques
- Routine stretching and strengthening exercises
- Finding simple yet healthy lifestyle changes you can make at home or at work
- Relaxation techniques
- Understanding and managing the connection between chronic pain and stress
- Quitting tobacco products or vaping
- Educational materials about your specific needs



Simple Solutions to Help Prevent Back Pain

Regular Exercise

Talk to your doctor before beginning an exercise program.

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.

Shoes

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

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.

Set and Meet Program Goals

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

- ✓ Stretch or exercise regularly
- ✓ Use pain management strategies
- ✓ Reduce stress
- ✓ Recognize signs of depression—something that can be common with people living with chronic back pain
- ✓ Manage a healthy weight
- ✓ Incorporate lifestyle changes

Questions?

We are here to help.

Call MVP Case Management
at **1-866-942-7966**,
Monday–Friday 8:30 am–5 pm.