

# Get back in the game



## You can feel better and stay active

Living with back or joint pain can put a crimp in your style. You may find it harder to stay active and do the things you love. Health coaching can help.

### We're on your team

Through health coaching you will learn about small changes that can have lasting impact on your well-being.

### Talk with your health coach over the phone or email to:

- > Get answers to your questions
- > Learn healthy lifestyle habits
- > Set reachable goals
- > Track your progress to less pain and better overall health

### Take control of your body:

The key to managing back and joint pain is to strike a balance between rest and activity. Your health coach will show you how to do that and more. When you sign up for health coaching you'll learn about:

- > Maintaining a healthy weight
- > Staying active
- > Building muscle strength and flexibility
- > Practicing proper body movements and posture

### Call a health coach today

Call toll-free at 877-277-7281 or email [insert email address]. TTY users, please call 711.



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