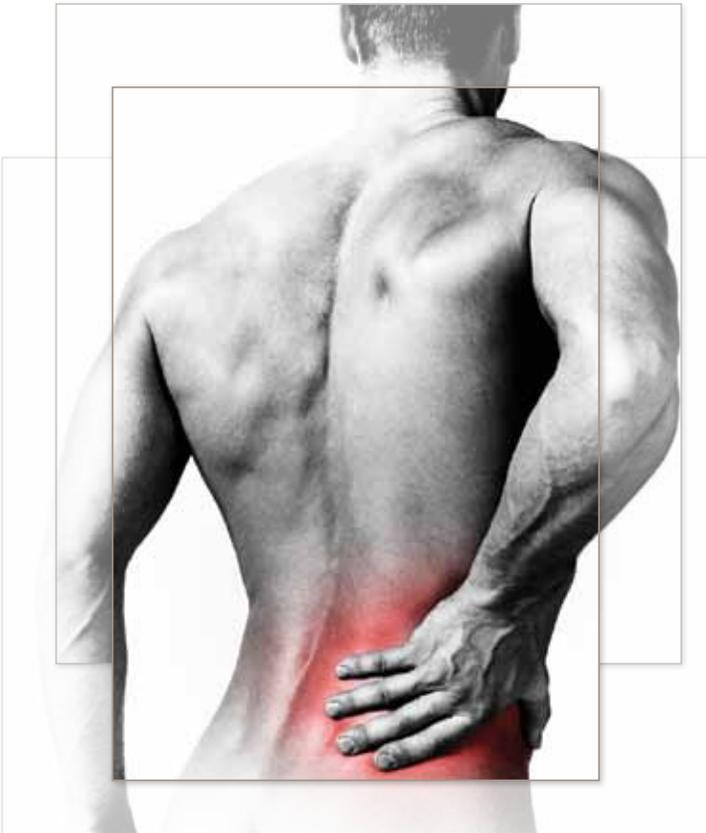


low back pain

Get help to manage your low back pain.

Low back pain can make you miss out on activities you enjoy the most. Now you have a personalized program to help you manage better – CIGNA Well Aware for low back pain.



make a
personal commitment
to your health

What is CIGNA Well Aware for low back pain?

- This confidential, free program provides personalized support and information for people with low back pain.

How does Well Aware help me manage my low back pain?

We will help you:

- Learn simple lifestyle changes that can ease your symptoms and strengthen your back.
- Find alternative ways to sit, stand, and sleep that will help ease your pain.
- Discover how exercise and diet can reduce the severity of your low back pain.
- Learn about medications your doctor may prescribe.
- Learn different ways to reduce your pain without taking aspirin or other medication.

What resources do I get with Well Aware for low back pain?

- Phone access to nurses who specialize in low back pain, 24 hours a day, 7 days a week.
- A personalized plan to help you improve your health.
- Information about self-care.

Where can I get more information about Well Aware for low back pain?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **www.CIGNA.com/betterhealth**.
- Call your health plan's member services number for questions about your benefit plan.



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