



# Chronic Pain Care Management Program

## LEAD A MORE HEALTHY, ACTIVE LIFE

### Is the chronic pain care management program for you?

As you know, chronic pain can affect everything—your ability to work and have fun, your sleep, your relationships, and your feelings of well being. We help you take charge of your pain. You will learn skills to manage your pain, pace your activities, and reduce stress. Our goal is to help you lead a healthy and active life.

### What can you expect from the program?

You will have a trained, qualified personal care manager as part of your chronic pain team, who will work with your doctor. Your care manager will coordinate your care so that you receive the services you need and every provider you see will understand your condition.

### Your care may include:

- An initial evaluation by a pain expert, health psychologist, and physical therapist.
- A treatment plan developed just for you by your chronic pain team.
- An 8 to 10-week group program with other people with chronic pain. You will learn skills to manage pain, stay active, cope, and relax.
- Individual appointments with a physical therapist and a health psychologist.
- Phone and secure e-mail contact with your care manager for up to one year.

### How will this program help you?

People who participate in this program tell us that they feel better and can do more. We cannot cure your pain, but we can help you improve the quality of your day-to-day life.

### What will it cost?

For most Kaiser Permanente members there is no fee for office visits with your care manager or for telephone calls. If you are enrolled in one of our deductible plans, some classes or groups may require a fee. Please call the Deductible Product Service Team at 1-800-390-3507 for more information and for an estimate of any charges that may apply before you come to a class, group appointment, or support group. You may also check your *Evidence of Coverage* (EOC) to confirm the services offered under your plan, or call Member Services at 1-800-464-4000. Member Services can also send you a copy of your *Evidence of Coverage* if you need a copy.

### What is your role?

The more you put into the program, the more you will get out of it. You and your team will work together to set goals and develop a plan to reach them.

## Tips to help you manage your chronic pain

<b>Pace yourself.</b>	If your activities leave you in pain the next day, try: <ul style="list-style-type: none"> <li>• Breaking large jobs into smaller ones</li> <li>• Alternating hard and easy activities</li> <li>• Doing relaxation exercises</li> </ul>
<b>Relax.</b>	Exercises such as slow deep breathing, meditation, and guided imagery can help manage pain. Learn more by visiting your physician's Home Page at <a href="http://kp.org/mydoctor">kp.org/mydoctor</a> : <ul style="list-style-type: none"> <li>• Click on <b>Podcasts</b> under <b>Healthy Living Resources</b> on the left-hand side of the screen.</li> <li>• Choose Health Journeys Guided Imagery Programs: Ease Pain and Relieve Stress.</li> </ul>
<b>Exercise.</b>	Gentle daily exercise may actually decrease chronic pain. Stronger muscles help you become more mobile and independent. It also may be a pleasant distraction. Learn exercises to strengthen your back by visiting your physician's Home Page at <a href="http://kp.org/mydoctor">kp.org/mydoctor</a> . <ul style="list-style-type: none"> <li>• Click on <b>Videos</b> on the left-hand side of the screen.</li> <li>• Choose videos on Spine Care Exercises.</li> </ul>
<b>Think positive thoughts.</b>	Thoughts can affect your mood, activities, and your pain. By noticing your thought patterns, you can work on thinking more positively.
<b>Do pleasant activities.</b>	Watching a movie, reading a book, listening to music, or spending time with a friend can sometimes be a powerful distraction from pain.
<b>Follow your medication plan.</b>	Work with your doctor/nurse practitioner or chronic pain team to develop a medication plan. Do not increase or decrease your medication without talking to your doctor/nurse practitioner.
<b>Stop smoking, cut back on caffeine from all sources, and avoid diet supplements, decongestants, and herbs that contain ephedrine.</b>	Stimulants can cause already sore and painful parts of your body to tense and may increase pain. They can also disturb your sleep. Cutting down on them may help you feel better.
<b>Prepare for flare-ups.</b>	Pain flare-ups are common. Create and use an action plan to manage your pain when flare-ups occur.

## Additional resources

- Less pain, more life. Is chronic pain interfering with your sleep, mood, physical activity, work, and relationships with family and friends? Regain control with our HealthMedia® Care™ for Pain online program. Visit your physician's Home Page at [kp.org/mydoctor](http://kp.org/mydoctor) and get started today.
- Visit [kp.org](http://kp.org) to access health and drug encyclopedias, interactive programs, health classes, and much more.
- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.