

Back Pain

Don't let back pain get in the way of enjoying your life.

HealthMedia® Care™ for your Back is a revolutionary back pain management program. No appointment is necessary, no prescription is required and the program is available at no cost to you.

Care for your Back is a convenient, private program developed by a team of medical professionals that gives you personalized strategies as well as videos, pictures and exercises designed to help you care for your back. After you fill out an online questionnaire, you will receive a personalized plan, just for you. Your personalized plan will take into consideration your experience with back pain, your risk factors, how your job and daily activities affect your back as well as your concerns about back problems.

Even though back pain is such a common complaint, very few of us know how to prevent injury, avoid back stress and back pain. When you are armed with your personalized plan, you will be able to avoid pain and discomfort and better manage issues if they occur. You don't want to be missing out on life due to back pain.

About HealthMedia's Healthy Lifestyle Programs

In addition to the Care for Your Back program, HealthMedia offers programs for nutrition, weight management, smoking cessation, and stress management. These programs start by learning about you, and create a personalized plan for you that is as unique as your fingerprint. When you decide to take the step to take control of your health, HealthMedia's programs can give you the tools you need to achieve your goals.

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GET STARTED ON THE PATH TO SUCCESS.

- Go to www.highmarkbcbs.com.
- Complete the login process, entering your user name and password.
- If you do not have a user name and password, create one as instructed.
- Click "Your Health."
- Click "Improve Your Health."
- Choose HealthMedia Care for Your Back.

