

Your aching back

We're here to help

When you have chronic back pain, even the simplest activities hurt. At Providence Health Plans, we're here to help.

Find a host of online resources at www.providence.org/php/healthbalance, including:

Alternative care discounts

Click on ChooseHealthy to access savings on chiropractic, massage and acupuncture treatments.

Medical program for chronic pain

Under your Health BalanceSM resources, you'll also find a link to our Medical Back Program for people with chronic back pain and other problems. Once your provider refers you to the program, you'll get customized, expert help from a physical therapist.

Resource center

At the Back and Neck Pain Resource Center, you can get lots of information – articles, expert advice, audio sessions and other resources. Go to: www.providence.org/healthinfo.

At Providence Health Plans, our goal is simple: to reduce your pain – and get you back in the saddle.

