

➤ Spine & Joint Care program



## Meet Jack\*, 42 year old man with persistent back pain

Jack had always been an active person, but when his back pain flared up, his outlook started to change. Soon, he became less active and began gaining weight.

When Jack first called his Moda Health coach, Julie, he wasn't sure if phone coaching would help. But within a few weeks, he began to feel more hopeful. Julie helped Jack understand the importance of self-care, including learning to strike a balance between rest and activity. Gradually, Jack resumed his daily activities, began losing weight and now has a better awareness of how to manage his back pain.

Jack is happy he called Julie and is feeling like himself again.

*\*Name and details have been changed.*

Do you need help  
managing your pain?  
We can help.

### As a participant in our Spine & Joint Care program, you will:

- Work one-on-one with a trained health coach over the phone or via email
- Set goals and learn how to achieve them
- Track your progress to better health

### Get results.

Coaching is easy!  
Contact us to get started.

Phone: 503-948-5548  
877-277-7281  
(TTY users, please dial 711)

Email: [careprograms@modahealth.com](mailto:careprograms@modahealth.com)

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