

A Call to Change ... Back to Health[®]

Do you suffer with low back pain? If so, we can help you adopt the lifetime skills necessary to manage your pain. Want to learn more? *A Call to Change ... Back to Health* is a phone-based course designed to help you take charge of your back pain and prevent future episodes. This course reviews the key components to developing and maintaining a strong, healthy back. Working one-to-one — at your own pace — you will learn about:

- ✓ Back basics — anatomy of the spine and description of pain
- ✓ Posture and body mechanics during everyday movements
- ✓ Finding your neutral spine
- ✓ Core stabilization
- ✓ Stretching
- ✓ Strengthening and toning
- ✓ Aerobic exercise
- ✓ Diaphragmatic breathing

Here's how it works

- ◆ You'll talk one-to-one with a health educator during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to develop and maintain a strong, healthy body and back.

All phone courses require an enrollment fee — HealthPartners members receive a discount. For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.