

The Spine Column

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2024**

Get Relief for Your Pain

For the first day or two of back pain, take it easy. Being less active and avoiding movements that hurt might be enough to help your back feel better.

As soon as you can, ease back into your normal routine. Lying down or sitting for too long can make back pain worse. If you must sit for long periods of time, take breaks. Get up and walk around or lie down. Change positions every 30 minutes.

Sit or lie in positions that are most comfortable and that reduce your pain.

Try one of these positions:

- Lie on your back with your knees bent and supported by large pillows
- Lie on the floor with your legs on the seat of a sofa or chair
- Lie on your side with your knees and hips bent and a pillow between your legs
- Lie on your stomach if it doesn't make pain worse



Contact Us

1-866-942-7966

Monday–Friday,

8:30 am–5 pm

TTY 711

We Value Your Opinion

Please fill out a brief, anonymous survey at mvp-listens.com.

We will use this information to create a better experience for all of our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

MVP Health Care offers a health management program for members living with chronic back pain. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on the Institute for Clinical Systems Improvement's (ICSI) health care guidelines for the treatment of adult low back pain. This program must be coordinated with your physician. Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

How to Manage Housework Without Making Low Back Pain Worse

Tips to Manage Housework

Vacuuming	Instead of pushing and pulling the vacuum back and forth, walk it all the way across the room and back. Stand up straight as you move.
Making the Bed	Instead of using several layers of sheets and blankets, use a duvet or a washable bedspread. Then there's only one layer to straighten up in the morning.
Housecleaning	Don't strain to reach. Try using a damp cloth on the end of a broomstick to reach low places. Or try mops and other tools that have expandable arms.
Washing Dishes or Ironing	<ul style="list-style-type: none">• For chores that require you to stand in one place, you might feel better with one foot slightly higher than the other• Use a cushioned mat when standing• When you do dishes, open the cupboard below and place your foot on the ledge• When you iron, stack one or two books on the floor and put one foot on them. Remember to squat when you put those books on the floor
Gardening	Many gardening chores usually require bending forward. Whenever you can, sit, squat, or get on your knees instead. Use a knee pad when kneeling.
Unloading the Groceries	Taking in all the groceries at once may save time, but it won't help your back. Just think of the extra exercise you'll get by making several trips between the car and the kitchen.

Living Well Programs—Register Today!

MVP offers a variety of free programs designed to support your health and well-being.

Featured Class: Core Conditioning

Tuesdays, July 9–August 13, 5:30–6:15 pm

Move through exercises to build core muscle strength and stability that help improve posture, improve lower back pain, balance, steadiness, and overall physical performance. Optional hand weights will be incorporated. This is a six-week virtual program that meets on Tuesdays.

Learn more or register at mvphealthcare.com/calendar.



Quick Tips for Your Next Appointment

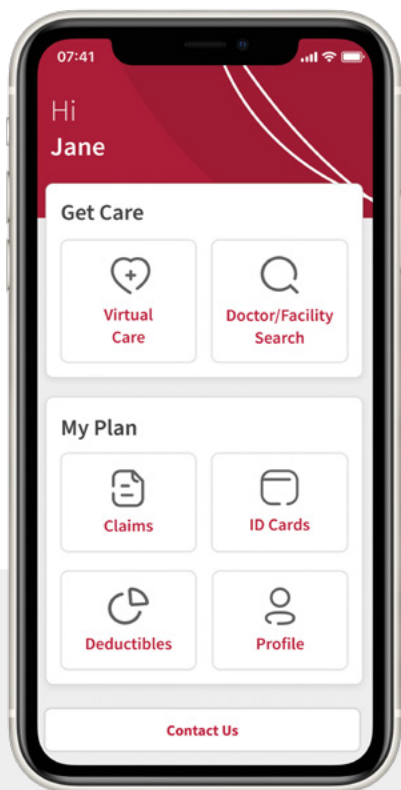
Patients who have good relationships with their doctors are more satisfied with their care and have better results.

Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered
- Bring a “health history” list with you and keep it up to date
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (including when and how often you take them) and their strength
- Bring someone along to help you ask questions and remember the answers



Source: Agency for Healthcare Research and Quality (AHRQ)



Back Pain Support at Your Fingertips

If you have questions related to low back pain and need answers quickly, the *Gia*® by MVP mobile app is here when you need it. Connect with a doctor to talk about managing low back pain, your medications, and even concerns about stress or anxiety.



Scan the code with the camera on your mobile device, or visit mvphealthcare.com/GetGia to get the app.

Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



Health and Wellness or Prevention Information

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Get Your Newsletter by Email

Good news! You will soon be able to get this newsletter by secure email. Make sure your communication preferences are up-to-date. Sign in to Gia at my.mvphealthcare.com and under Important Links, select *Communication Preferences*. Select *Go Paperless!* and be sure email is selected for Plan Related Documents.

Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.



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