

Living with CHRONIC PAIN

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Here for you now. Here for you in the long run.

At Kaiser Permanente, our goal is to help you make your overall health the best it can be, now and for years to come. We understand that living with an ongoing condition can be difficult. That's why we offer programs to help our members manage chronic pain.

You may be suffering from chronic pain if you experience pain that lasts longer than six months. It can come and go or be constant, make ordinary activities difficult, and even interfere with sleep and relationships. It may be caused by chronic conditions such as arthritis or fibromyalgia, or by injuries from accidents, work, or sports.

While chronic pain may seem overwhelming, there are steps you can take to manage it so you can get back to your daily routine and enjoy life.

Managing chronic pain

Our specialized care program for chronic pain is designed to help you work closely with your primary care physician and a multidisciplinary team that treats the whole you. We understand that pain can affect you physically and mentally. You'll receive care from practitioners in various fields such as physical therapy, psychology, or pharmacology.

It's important to talk with your physician about your pain. Some people think they can just live with the pain, but chronic pain affects your overall well-being. Your physician can help you develop an action plan that provides you with a variety of ways to manage your pain so you can be well—in mind, body, and spirit.

Our integrated approach to specialized condition management includes:

- ▶ Evidence-based guidelines for chronic pain that help your primary care physician or specialist provide the right treatment for you.
- ▶ Self-management plans that provide useful information on how to manage your chronic pain.
- ▶ Health classes where you can learn about options for managing your pain with exercise, better coping skills, and medication.
- ▶ Information about pain management as a featured health topic on **kp.org**, plus many more online tools and resources, all available 24 hours a day.

To learn more about chronic pain

Visit **kp.org/pain** or call the Kaiser Permanente Healthphone at **1-800-332-7563** or **1-800-777-9059** (TTY for the deaf, hard of hearing, or speech impaired). For a list of topics, you can request a copy of the *Kaiser Permanente Healthphone Directory* by calling your Member Services department (except in Ohio), or you can download one from our Web site by searching for "Healthphone."

kp.org/pain

We're here to help you **FEEL YOUR BEST, NOW AND FOR YEARS TO COME.**

To learn more about what Kaiser Permanente has to offer, visit us at kp.org or call us at one of the numbers below.

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California

Mon.–Fri., 7 a.m.–7 p.m.

Sat.–Sun., 7 a.m.–3 p.m.

1-800-464-4000 English, Tagalog, Vietnamese

1-800-788-0616 Spanish

1-800-757-7585 Chinese dialects

1-800-777-1256 English (Coachella Valley members only)

1-800-777-1370 (TTY)

Colorado – Colorado Springs

Mon.–Fri., 8 a.m.–5 p.m.

1-888-681-7878

1-800-521-4874 (TTY)

Colorado – Denver/Boulder

Mon.–Fri., 8 a.m.–5 p.m.

(303) 338-3800 Denver metro area

1-800-632-9700 From other areas

(303) 338-3820 or **1-800-659-3656** (TTY)

Georgia

Mon.–Fri., 8:30 a.m.–9 p.m.

Sat.–Sun., 8 a.m.–2 p.m.

(404) 261-2590

1-888-865-5813 Outside of Atlanta

1-800-255-0056 (TTY)

Hawaii

Mon.–Fri., 8 a.m.–5 p.m.

Sat., 8 a.m.–noon

(808) 432-5955 Oahu

1-800-966-5955 Neighbor Islands

1-877-447-5990 (TTY)

Mid-Atlantic States – Maryland, Virginia, and Washington, DC

Mon.–Fri., 7:30 a.m.–5:30 p.m.

(301) 468-6000 Inside metro Washington, DC

1-800-777-7902 Outside metro Washington, DC

(301) 879-6380 (TTY)

Northwest – Oregon, Washington, and Northern Idaho

Mon.–Fri., 8 a.m.–6 p.m.

(503) 813-2000 Portland area

1-800-813-2000 All other areas

1-800-735-2900 (TTY)

1-800-324-8010 Language interpretation

Ohio

Mon.–Thu., 8:15 a.m.–5 p.m.

Friday, 9:30 a.m.–5 p.m.

1-800-686-7100

1-877-676-6677 (TTY)

Kaiser Foundation Health Plan of Ohio
Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 E. Jefferson St., Rockville, MD 20852

Kaiser Foundation Health Plan of Georgia, Inc.
Nine Piedmont Center; 3495 Piedmont Road, NE; Atlanta, GA 30305
(404) 364-7000

Kaiser Foundation Health Plan of the Northwest
500 NE Multnomah St., Portland, OR 97232