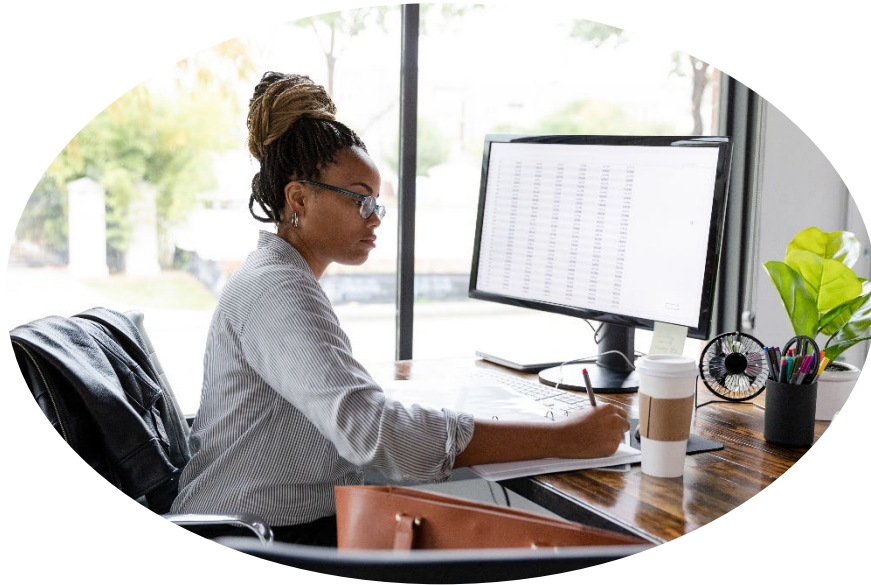




Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171
Conference Code: 919 9006 5252



Alternative Health for Pain Management

Presented by: Alma Pham, MPH, CHES

Webinar host: Lora Maloof-Miller MPH, CHES

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.

Content

1. Overview of pain in the body
2. Conventional treatment to pain
3. Alternative treatment to pain
4. Medication

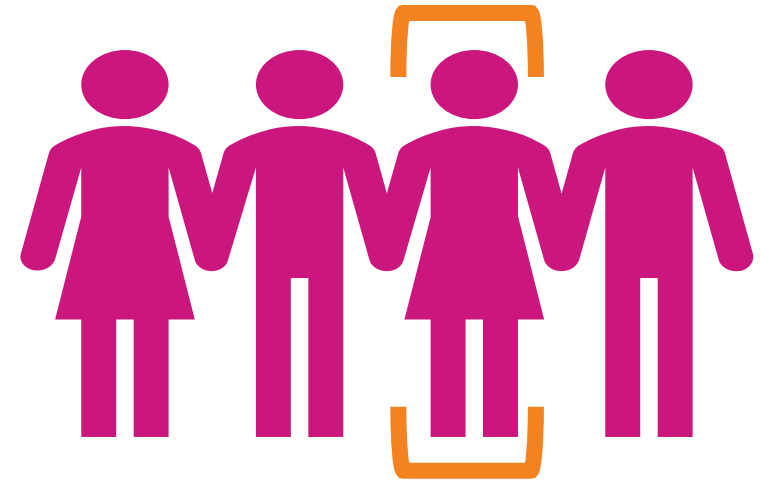
Overview of Pain

Pain is a distressing feeling that could range from annoying to debilitating.

There are 2 categories of pain:

- **Acute pain** – is sudden and typically lasts for a short period (3-6 months) and typically resolves once the underlying cause is treated.
 - **Subacute pain** (or unresolved acute pain) – pain that lasts 1-3 months and can evolve into chronic pain.
- **Chronic pain** – persists for longer than 3 months, often beyond the expected healing time.
 - **High-Impact Chronic Pain (HICP)** is a type of chronic pain that accompanies at least one major activity restriction (i.e., unable to work outside the home, go to school, or do household chores)

1 in 4 U.S. adults are affected by chronic pain.



Source: www.cdc.gov. Chronic Pain and High Impact Chronic Pain in U.S. Adults (2023); www.cdc.gov. CDC Clinical Practical Guideline for Prescribing Opioids for Pain (2022)

Frequent Causes of Pain

- Sports Injuries, fractures, sprains, strains, torn ligaments
- Accidents and Trauma, car accident, bike accident
- Post surgery, orthopedic surgeries and other surgeries
- Aging and falls, broken hips and other fractures
- Chronic Diseases, cancer, spinal injury, diabetic neuropathy



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Conventional Treatment for Pain

MEDICATION

- Opioid Medication – Demerol, Vicodin, Percocet, other.
- Non-Opioid Medication, Tylenol, non-steroidal anti-inflammatory drugs (like Ibuprofen)
- Antidepressants, and antiseizure medication (nerve pain)
- Steroid injections and other medication to reduce inflammation
- Ointments and Creams

TREATMENTS

- Non-Medication – ice, heat, elevation, immobilization, or exercise (depending on condition)
- Nerve blocks, Electric Nerve stimulation
- Therapy – massage, physical therapy, occupational therapy, hydrotherapy
- Surgery - in some cases, surgical interventions may be necessary to address the underlying cause of pain.

Complimentary & Alternative Medicine

Complementary medicine refers to a range of medical treatments that fall beyond the scope of conventional medicine but are used alongside it.

- Acupuncture/Accupressure: Involves inserting thin needles or applying pressure into specific points on the body.
- Chiropractic care: Use manual manipulation of the spine and other techniques to improve alignment and relieve pain.
- Herbal medicine: Certain herbs have anti-inflammatory properties that can help reduce pain.



Always talk to your doctor first before considering any alternative treatment or therapies.

Additional Pain Management Techniques

- Mindfulness and meditation
- Yoga and Tai Chi
- Guided Imagery and relaxation techniques
- Music therapy
- Distraction techniques



Mindfulness and Meditation

MINDFULNESS

A mental state that involves focusing your awareness on the present moment and noticing what is happening without judgement.

TEDxTalk (youTube):

*A Different Approach to Pain
Management: Mindfulness Meditation*
by Fadel Zieden

MEDITATION

A practice that involves mindfulness techniques, such as sitting down quietly and paying attention to thoughts, sounds, or breathing.

- Mindfulness meditation
- Body scan meditation
- Breath awareness meditation
- Guided meditation

Yoga and Tai Chi

Yoga practice: involves a combination of physical postures (asanas), breathing exercises (pranayama), and meditation. Yoga aims to harmonize the body, mind, and spirit.

Benefits: Yoga can improve flexibility, strength, balance, and relaxation.

Tai Chi practice: involves slow, flowing movements combined with deep breathing and mental focus. Tai Chi emphasizes balance, coordination, and relaxation.

Benefits: Tai Chi can improve balance, flexibility, muscle strength, and improve relaxation.

Distraction Techniques

Distraction techniques can be very effective in managing pain by shifting your focus away from the discomfort. Here are some common methods:

1. **Counting:** Count forwards or backwards, or in multiples (e.g., by 2s, 3s, etc.) to engage your mind.
2. **Reading or Audiobooks:** Dive into a good book or listen to an audiobook to distract your mind
3. **Crafting:** Engage in arts and crafts, which can be therapeutic and provide a sense of accomplishment
4. **Watching TV or Movies:** Enjoy your favorite shows or movies to take your mind off the pain
5. **Playing Games:** Video games, puzzles, or board games can be great distractions
6. **Alphabet Challenge:** Pick a letter and a topic, then list as many related words as you can think of

Breathing Techniques

Breathing techniques can be very effective in managing pain by helping to reduce stress and promote relaxation. Here are a few techniques you might find helpful:

1. Diaphragmatic Breathing (Belly Breathing)
2. 4-7-8 Breathing
3. Mindful Breathing

Guided Imagery and Relaxation

Guided imagery helps manage pain by leveraging the mind-body connection to create a state of relaxation and reduce stress, which can alleviate the perception of pain.

1. **Distraction:** By focusing on positive, calming images, guided imagery can divert attention away from pain, making it feel less intense
2. **Relaxation:** It promotes a state of deep relaxation, which can reduce muscle tension and stress hormones that often worsens pain.
3. **Positive Visualization:** Imagining a pain-free scenario can help reframe the experience of pain, making it more manageable.



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Guided Imagery & Relaxation Exercise

Music Therapy



Medicine

OPIOID

Opioids can be used when benefits for pain and function are expected to outweigh the risks of opioid use.

- Vicodin
- Percocet
- Percodan
- Others

NON-OPIOID

Nonopioid therapies are preferred for subacute and chronic pain and are at least as effective as opioids for many common types of acute pain.

- Tylenol
- Ibuprofen
- Motrin
- Aleve
- Excedrin
- Voltaren (topical)
- Others

Source: www.cdc.gov. Overdose-prevention (2024)

Medication: Safety First!

Medication can be effective in managing pain, especially chronic pain.

Keep in mind:

1. Before starting any over-the-counter (OTC) always consult with your physician or pharmacist first.
2. Make sure you understand the importance of taking the medicine as prescribed, including how it works and potential side effects.
3. If you are taking an opioid medication (like Morphine, Percocet, or another drug) talk to your doctor. Depending on your dosage you may need Naloxone (a medication to reverse overdose) in case you take too much.

Source: www.cdc.gov. Overdose-prevention (2024)

Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit® by Sharecare

Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now® by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit™, and more.



Weight management

- Weight Watchers



Chiropractic/ acupuncture services and more

- Choose Healthy



Hearing aids and screenings

- Nations Hearing
- Hearing Care Solutions



Fitness club discounts

- American Specialty Health
- Active&Fit™

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

Nutrition



May Health Challenge

Healthier You

(90-day challenge)



Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com

Upcoming Wellness Webinar

Mindfulness in the Workplace

May 21, 2025

12pm-12:45pm pacific time



Thank you for attending!
