

BACK PAIN

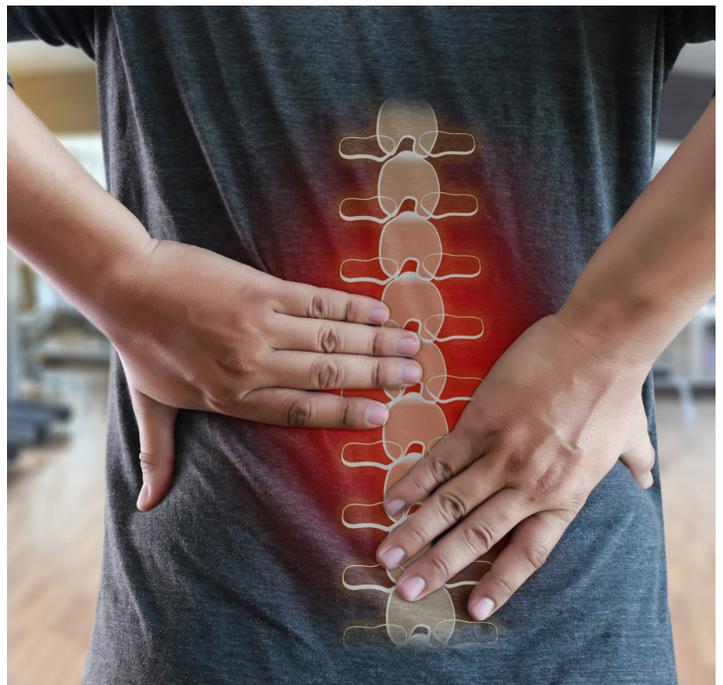
PREVENTION AND LOW BACK PAIN



Low back pain often has more than one cause and can be made worse or complicated by a number of different factors.

Lower your risk of back pain

- Pay attention to your nutrition, sleep, level of stress, and general well-being.
- Be aware of correct sitting and standing posture, as well as proper lifting techniques.
- Do exercises that build muscle strength and flexibility.
- Take immediate action if you are in pain. Talk to a doctor and remember that you have access to Cigna services 24 hours per day, 7 days a week.



Questions about your diagnosis?

Unsure which treatment is right for you?

Did you know you have access to a free, independent and confidential decision support service?

Discuss your concerns and have your case reviewed by a specialist in your condition.

The decision is yours. And we're with you all the way.

