

# Manage bone, joint and muscle pain

## ConditionCare: musculoskeletal

### Our nurse care managers are here to help you

Did you know that almost one in two people in the U.S. has trouble moving due to body aches, pains and injuries?<sup>1</sup> For many people, joints and the tissues that connect them (musculoskeletal system) have grown stressed. That can happen in many ways – playing sports, exercise, car accidents, illness, even an unhealthy diet.

Healthy bones and joints are important for everyone. But most people don't think about them until something goes wrong.<sup>2</sup>

But there's good news. If you or a covered family member has this kind of pain, you can join the **ConditionCare** program. Just call us toll free at 800-621-2232. When you join, you'll get:

- Counseling and coaching on eating well.
- An exercise plan for your exact goals.
- Round-the-clock phone access to a nurse care manager for support and information.

**ConditionCare** is in addition to your health plan. It doesn't cost you or your covered family members anything extra to use.

We may call to find out if **ConditionCare** can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.



### Get help managing your condition

To learn more or to join ConditionCare, call us toll free at 800-621-2232.

#### Sources:

<sup>1</sup> Bone and Joint Initiative U.S.A. website: *Facts & Figures* (accessed March 2014); [usbjid.org](http://usbjid.org).  
<sup>2</sup> U.S. National Library of Medicine website: *Bone Health Basics* (accessed March 2014); [nlm.nih.gov](http://nlm.nih.gov).

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