



What is National Pain Awareness Month?

September is National Pain Awareness Month and an opportunity to [learn more about chronic pain](#) and how it is managed. Millions of people live with chronic pain, which is pain lasting for longer than three months and that often interferes with daily life activities. If you have long-lasting pain, scheduling an appointment with your healthcare provider is a good first step toward establishing a pain management plan.

What is Pain Management?

Pain management assists you in controlling discomfort through various methods, including medications, procedures, exercises, and therapy. The primary aim of pain management is to enhance your quality of life and daily functioning, allowing you to carry out everyday tasks, enjoy your favorite activities, and engage in work. Pain management specialists may suggest a single approach or a combination of several techniques to prevent, reduce, or relieve pain.

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Consider These Tips for Managing Chronic Pain:

- **Practice [breathing exercises](#)** – Slow, deep breathing can trigger many positive responses in your body, helping manage both stress and pain.
- **Move with a plan** – Get help finding movement that is safe and helpful for you. This might include adding light stretching, [yoga](#), or [tai chi](#) to your daily routine. Talk to your healthcare provider before starting an exercise routine.
- **Participate in meaningful activities** – Endorphins, the body's natural feel-good chemicals, are activated by [exercise](#), [relaxation techniques](#), and other enjoyable experiences. Schedule time each day for a simple activity that relaxes you or brings you happiness.
- **Practice good sleep habits** – A consistent “wind-down” routine at the end of the day can [help improve your sleep](#). Look for ways to create a “sleep-focused” environment and avoid stimulating activities before bed.
- **Eliminate unhelpful substances** – [Tobacco](#) and [alcohol use](#) can slow down healing and lead to further health issues.
- **Stay connected to your support system** – Dealing with chronic pain can feel isolating but [reaching out to others for support](#) is vital. Maintain connections with family and friends who care about you.

Did you know?

You and your eligible family members have access to Hinge Health's programs for back, knee, hip, shoulder, neck, and other pain.

Visit www.hingehealth.com to learn if Hinge Health is the right fit for you!



Need a lab test?

As a State of Maine Health Plan member, you can use any [independent lab](#) in Maine at no cost to you.

To find a lab close to you, please visit www.anthem.com/find-care.



Sources:

[National Institute of Health - Pain Awareness Month](#)
[Cleveland Clinic - Pain Management](#)
[Mayo Clinic - Tips for Managing Chronic Pain](#)