



ChallengeME MONTHLY MINUTE

May 2024 | mainedot.gov/challengeme

Monthly topic: **National Arthritis Awareness Month**



Arthritis often refers to any disorder that negatively affects the joints. Arthritis means joint inflammation in Latin. People with arthritis often experience pain or stiffness in their body due to the inflamed joints.

Practicing the following five steps can help you manage your arthritis and any other chronic condition you have like diabetes, heart disease, or diabetes.

1. **Learn new self-management skills:** Take an in-person or virtual class like Living Well with Chronic Pain. This class can be found on: healthylivingforme.org.
2. **Be Active:** Use the Hinge Health benefits listed to the right.
3. **Talk to your Primary Care Provider:** Don't have one? Visit Anthem's website to find an in-network provider.
4. **Manage your Weight:** Utilize the State of Maine Dietitian benefits to create a meal plan.
5. **Protect your Joints:** Practice low-impact exercises such as biking, walking, swimming, or Tai Chi.

Looking for more information?

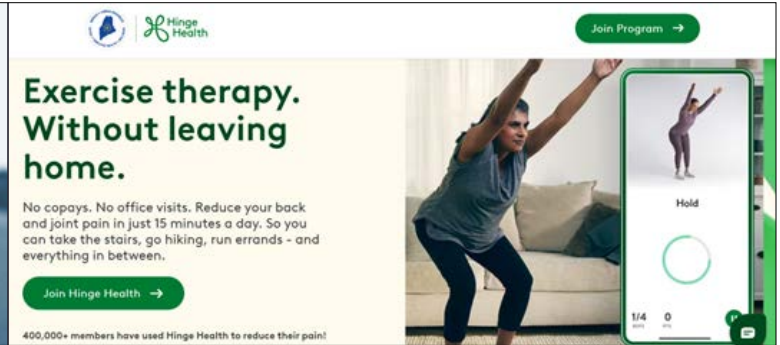
Living With Arthritis



Manage Arthritis



Arthritis: Overview



Hinge Health

Start your digital exercise therapy program today. Hinge Health will create a personalized program for you to reduce pain with exercises and stretches. Dedicated physical therapists, coaches, and other professionals assist you along the way. Complete the 15-min. or less exercise routines from anywhere with the app.

A personalized program

Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.

Expert Team in your Corner

A dedicated physical therapist, coach, and more Get guidance from your physical therapist to improve your mobility. Stick to your goals with support from your health coach. Connect via text, email, phone call, or video chat.

Convenient exercise sessions

With the Hinge Health app, you can do your exercise therapy anytime, anywhere. Plus, your exercises are designed so they can be done in about 15 minutes or less.

Be sure to visit the ChallengeME website:



ChallengeME
MaineDOT Healthy Workforce