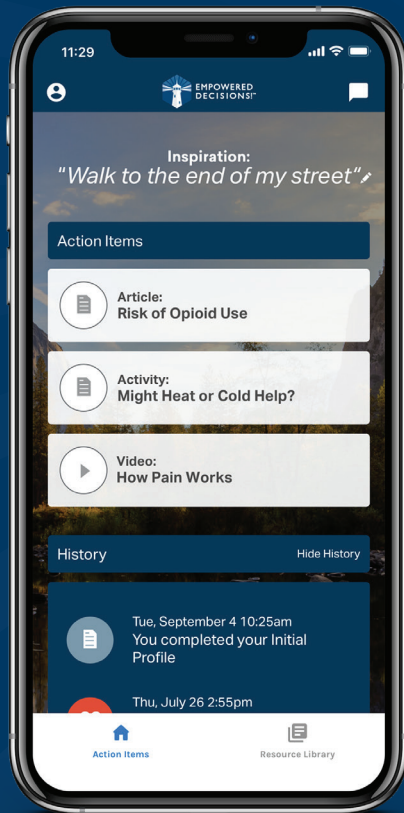




EMPOWERED  
DECISIONS!™

# TAKE CONTROL OF YOUR PAIN\*



“I went from only being able to walk 500 steps, to an average of 2,500 steps a day, without pain!”

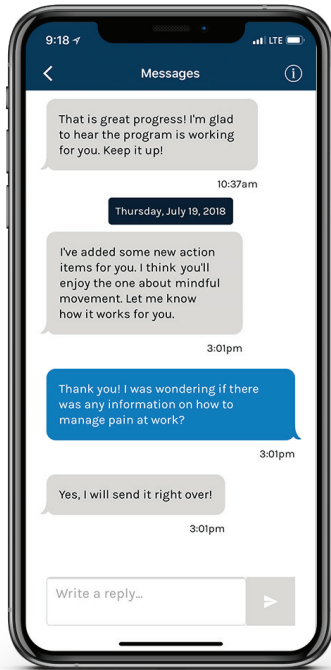
*Ann, age 56  
EmpoweredDecisions™ member<sup>1</sup>*

Like millions of others, Ann suffered with pain every day, but felt alone and helpless. She didn't want to have surgery or use opioid medication. She didn't know where to turn. But then she found out about the EmpoweredDecisions! program, and was able to better control her pain and get her life back on track.

For certificated employees: You may qualify for the **EmpoweredDecisions! program** as well. As a Cigna customer, the program is offered at no cost to you and provides personalized, practical steps to help you manage your pain\*.

TO SEE ANN'S FULL STORY AND TO REGISTER, VISIT  
**EMPOWERED-DECISIONS.COM**

*See other side to learn more.*



## THE PROGRAM OFFERS:

- An option for digital or live coaching, depending on member condition and need.
- Coaching supported by nurses and other trained health care professionals.
- Custom action plan items with new approaches to help you deal better with pain\*.
- Information about treatment options other than surgery or drugs.

The program tailors to your unique situation. It allows you to take control of your pain.\* By participating, you'll find the safe skills, knowledge, and courage you need to change your pain\*—and your life.

**DON'T LET YOUR PAIN\* STEAL ANOTHER SECOND FROM YOUR LIFE—WE'RE HERE TO HELP YOU TAKE CHARGE.**

### DEVELOPED BY HEALTH CARE PROFESSIONALS:

Medical Physicians  
Physical Therapists  
Exercise Physiologists  
Chiropractors  
Acupuncturists

# 78%

of Americans prefer other ways to address their physical pain before they take pain medication prescribed by a doctor<sup>2</sup>

# OVER 90%

member satisfaction<sup>3</sup>

# OVER 75%

of EmpoweredDecisions! members experienced improvement in their daily living and activities.<sup>4</sup>

**TO REGISTER, VISIT  
EMPOWERED-DECISIONS.COM**

A PRODUCT OF

 American Specialty Health.

\* Pain conditions include back, neck, hip, shoulder, and knee

<sup>1</sup> Based on a true story, however the names and photos have been changed to protect the privacy of our members.

<sup>2</sup> Gallup, Inc. Washington DC and Palmer College of Chiropractic. 2017

<sup>3</sup> Members who completed the coaching program. Validated through Time 1 – Time 2 surveys using the Oswestry Disability Index.

<sup>4</sup> Members who completed the low back pain coaching program.