

Health & WELLNESS



EPC

Benefit Resources, Inc.



Play Healthcare Bluebook's "Price is Right" game! Details on next page!

July 2022

Chronic pain and musculoskeletal conditions are very common in the U.S. population. Chronic pain is pain that lasts for over three months. The pain can be there all the time, or it may come and go. It can happen anywhere in your body.

Good news...EPC Benefit Resources has a wonderful health management program, Nurse Health Coaching, in place for medical plan participants suffering with chronic pain. At no cost to you, you can have a Nurse Health Coach help you manage your chronic pain. The nurse Coach will help you develop a plan by setting personal goals, providing you with educational material, and the motivation and encouragement you need to better manage your condition. Learn more by watching this [video](#) (you may need to skip the Ad!) or call 1.888.610.0089.

Read more about [chronic pain](#) and [musculoskeletal](#) conditions.



One of the most common chronic pain body locations is back pain! About 80% of Americans experience a back problem at some point in their lives.

Back Pain Myths

Back pain is common but there are also some common myths about back pain!

Myth
#1

**ALWAYS SIT UP
STRAIGHT**

Slouching is bad for your back. But sitting up too straight and still for long periods can also be a strain on the back.

Myth
#2

**DON'T LIFT
HEAVY OBJECTS**

It's not necessarily how much you lift; it's how you lift. When you lift, squat close to the object with your back straight and head up. Stand, using your legs to lift the load.

Myth
#3

**BED REST
IS THE BEST CURE**

Yes, resting can help an acute injury or strain that causes back pain. But it's a myth that you should stay in bed. A day or two in bed can make your back pain worse.

Myth
#4

**EXERCISE IS BAD
FOR BACK PAIN**

A big myth. Regular exercise prevents back pain. And for people suffering an acute injury resulting in lower back pain, doctors may recommend an exercise program that begins with gentle exercises and gradually increases in intensity.

Fact

**MORE POUNDS,
MORE PAIN**

Back pain is most common among people who are out of shape, especially weekend warriors who engage in vigorous activity after sitting around all week.

Did you know... You are taller in the morning! Your spine compresses during the day, and decompresses when you lay down at night, causing you to be slightly taller when you wake up.

Our newsletter addresses programs made available through the EPC and your church may not participate in all these programs.
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Core muscles connect your upper and lower body, supporting your spine, and overall function and mobility, especially important as you age.

The core muscles are in your back, hips, pelvis and abdominal area. Weak core muscles make you susceptible to poor posture, frequent lower back pain and muscle injuries.

Performing core exercises involves more than abdominal crunches. It involves working and training the muscles in your pelvis, lower back, hips and abdomen to properly work together. This leads to better balance and stability to reduce fatigue, making daily life physically more comfortable.

Core training movements can be simple; the key is proper form and safe progression. To build core strength:

1. Talk to your health care provider about any health concerns, such as back pain or arthritis, before beginning a core-strengthening regimen.
2. Begin strength training the core muscles.
4. Search for core training exercise video's online.
5. Take a class, such as Pilates, that emphasizes core toning.
6. Include a variety of exercises to get the best results.



Weekly exercise goal: Get at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, or 75 minutes of vigorous-intensity aerobic activity a week, or a combination of moderate and vigorous activity.

A strong core lets you enjoy activities, including biking, golfing, racquet sports, running, swimming, baseball, volleyball, kayaking, rowing and many others. And if you sit for long periods, routinely get up and walk around to work your core and reduce back pain and stiffness.

Article published in Personal Best June 2022 Newsletter

Tips for Managing Back Pain for Everyday Tasks

VACUUMING - walk with the vacuum across the floor, instead of pushing and pulling.

HOUSECLEANING - don't strain to reach; use a damp cloth on the end of a broom to reach low places.

USING THE PHONE - avoid cradling the phone on your shoulder; consider getting a hands-free phone or headset.

DRIVING - when you get into the car, sit first, then turn so you bring both legs into the car together. When getting out, do the reverse.

UNLOADING GROCERIES - don't try to take all of the bags in all at once. Make a few extra trips to avoid straining.

PICKING UP CHILDREN - if you're lifting a kiddo, avoid doing so from a standing position or remember to lift properly using your legs. Better yet, find a place to sit and let the child climb in your lap.

GARDENING - when you can, sit squat or get on your knees, instead of bending.

WASHING DISHES - if you're doing dishes the old-fashioned way, you might feel better with one foot slightly higher than the other. While doing dishes, open the cupboard below and place one foot on the ledge.

Infographic from peacehealth.org/spine

Lets Play...



Beginning July 20, 2022, EPC's Healthcare Bluebook benefit is hosting "The Price is Right" game for EPC Medical Plan participants with a chance to win a \$50 Amazon gift card!



The game will show you how to use this valuable tool to find the best performing doctors and facilities in your area for any upcoming medical screening or procedure you or one of your family members may be planning or unexpectedly encounter.

The Bluebook engagement rewards program includes financial incentives when you choose a high performing "Green" provider for certain medical procedures. **Be on the look out for an email so you can play "The Price is Right" game.**

