

# Control Your Pain Safely

## LEARN PAIN-RELIEF OPTIONS THAT CAN HELP YOU

*People use prescription opioid drugs to relieve medium to severe pain. But opioids can be unsafe. These types of painkillers can increase your risk for addiction, abuse and even death. Plus, they may not always provide the help you need.*

*There are other ways to treat pain without taking opioids. Talk to your doctor to see if any of the options below are right for you.*

### Optional pain treatments

#### **Acupressure and acupuncture**

Acupressure and acupuncture are two types of traditional Chinese medicine to treat pain, illness and injury. The goal for both is to bring balance and well-being to the energy pathways in the body. The main difference between the two is that needles are not used in acupressure like they are in acupuncture.

Acupressure uses hands, palms, fingers, and elbows to apply pressure to parts of the body for pain relief.

#### **OMT**

OMT is short for "osteopathic manipulative treatment." OMT is a hands-on treatment that doctors (with special training) use. It involves moving your joints and muscles, and putting pressure on different parts of the body. It can help relieve pain no matter what your age.

#### **Hypnotherapy**

Hypnosis allows your mind to become calm and relaxed. In this state, your mind is open to ideas of how your body should respond to things like pain. Sometimes, recordings of the sessions are given for use at home. Ask your doctor for more details.

#### **Mind and body treatments**

Stress can affect both your mental and physical health. It can change your heart rate, blood pressure and breathing. If not controlled, it can keep your body in a state of tension and impact the way you feel pain.

The good news is there are different mind and body techniques that can help you relax and lower pain. Counseling can also be very helpful in dealing with stress. Find the technique that works for you. Your doctor may have ideas to get you started.

#### **Massage**

Massage can help reduce your muscle tension and stress. There are different types of massage that can help you. They range from a light rub to deep tissue.

Talk to a massage therapist about your options. You can discuss your needs and point out any areas of your body that might be tender. Be sure to speak up if the massage becomes painful at any time.

*(continued)*



## Tai chi

Tai chi is an ancient Chinese martial art. Many have used tai chi as a way to improve joint pain, stress and well-being. Tai chi is a slow, graceful form of exercise that uses deep breathing with each movement.

Tai chi is low-impact, making it a good option for all ages and fitness levels. You can practice tai chi at home with a video, or at a class. Talk to your doctor or tai chi trainer first about your needs and limits. They can help you choose a routine that is best for you.

## Yoga

Yoga is a type of exercise developed in India thousands of years ago. It targets the mind, body and spirit while you stretch and strengthen your muscles. It also uses controlled breathing and meditation to help relax the mind.

Just like tai chi, you can try yoga in a class or with the help of a video at home. Doing yoga at least one to two times a week can help to make your daily tasks easier. But, don't push your body to do more than it can! Talk to your doctor or yoga trainer about your limits and needs. They can help to choose a routine that is best for you.

## More options for relief

### Pills

There are also medicines and other options that might help you with pain. And, you can get them without a prescription. Pills and medicines include:

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin, Advil)
- Naproxen (Aleve)

### Creams

You may also find comfort with ointments that you can rub on the area that's giving you pain. They include:

- BENGAY
- Aspercreme
- Icy Hot



Sometimes, a hot or cold pack is enough. Be sure to read the directions on the label before using. Always ask your family doctor or pharmacist before taking any medicine.

## Other information

### myStrength

CalViva Health members can get more help online using myStrength. myStrength is a private website with self-help tools that can help you gain – and maintain – mental and physical health. myStrength also supports whole-person health, including pain management.

You can watch videos and use the latest tools. Plus, learn how to ask the right questions at your next doctor visit. Sign up on the CalViva Health myStrength portal at <http://www.MyStrength.com/calviva>.

### 211

Need help finding where to go for the options above? 211 is a free service to help you find programs in your area. Just dial 211 on your phone. Call at any time on any day.

### To learn more, call the Health Education Information Line

toll free at **800-804-6074**

(TTY: 711), Monday-Friday

9 am to 5 pm, excludes weekends and holidays. For questions about

your **CalViva Health benefits**, call the Member Services department

toll free at **888-893-1569**

(TTY: 711), 24 hours a day,

7 days a week.

**Note:** Some choices mentioned may not be a covered benefit. Refer to your health plan to learn more.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.