



## Resources to Improve Low Back Pain

### *Encourage alternative noninvasive techniques prior to surgery*

Practitioners can recommend safe and effective alternatives to their patients for relief from low back pain before scheduling orthopedic surgery, such as:

- Physical therapy
- Cognitive behavioral therapy
- Acupuncture
- Pain management
- Chiropractic care
- Progressive muscle relaxation

Health Net of California, Inc., Health Net Community Solutions, Inc. and Health Net Life Insurance Company (Health Net) also offer the following additional resources that practitioners can share with members to help improve low back pain:

Resources	Description	Registration/Information
<b>MYSTRENGTH™</b>	Online peer-led program that teaches coping strategies, such as dealing with pain and managing opioid use	<i>Group plan:</i> <a href="http://www.healthnet.com">www.healthnet.com</a> <i>Individual &amp; Family plan:</i> <a href="http://www.myhealthnetca.com">www.myhealthnetca.com</a> and click <i>Wellness Center &gt; Discover myStrength &gt; Go to myStrength from Health Net</i> <i>Medicare:</i> <a href="https://lca.healthnetadvantage.com">https://lca.healthnetadvantage.com</a> and click <i>Wellness Center &gt; Discover myStrength &gt; Go to myStrength from Health Net</i> <i>Medi-Cal:</i> <a href="http://www.myStrength.com/hnmedical">www.myStrength.com/hnmedical</a>
<b>SILVER &amp; FIT®</b>	FREE program for Medicare Advantage members that provides access to strength training courses, yoga and other mindfulness-based stress reduction techniques	Health Net Member Services at 1-877-743-1137 <a href="http://www.silverandfit.com">www.silverandfit.com</a>
<b>HEALTH OUTCOME</b>	FREE personalized exercise plan based on the experience of patients and leading spine physicians	<a href="http://www.healthoutcome.org">www.healthoutcome.org</a>
<b>GOKHALE METHOD®</b>	FREE gentle hands-on instruction using posture modification. Effects are often immediate and long lasting	<a href="https://gokhalemethod.com">https://gokhalemethod.com</a>
<b>SECOND OPINION</b>	Obtain a second opinion before deciding on orthopedic surgery	Medical plan benefit

If you have questions regarding the information contained in this update, contact Yonnie Chen, Senior Project Manager, at (818) 676-7028, Dr. Anil Chawla, Medical Director, at (818) 416-2133, or the Health Net Provider Services Center as listed in the right-hand column.

### THIS UPDATE APPLIES TO CALIFORNIA PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

### LINES OF BUSINESS:

- HMO/POS/HSP
- PPO
- EPO
- Medicare Advantage (HMO)
- Medi-Cal
  - Kern
  - Los Angeles
    - Molina
  - Riverside
  - Sacramento
  - San Bernardino
  - San Diego
  - San Joaquin
  - Stanislaus
  - Tulare

### PROVIDER SERVICES

[provider\\_services@healthnet.com](mailto:provider_services@healthnet.com)

#### EnhancedCare PPO (IFP)

1-844-463-8188  
[provider.healthnetcalifornia.com](mailto:provider.healthnetcalifornia.com)

#### EnhancedCare PPO (SBG)

1-844-463-8188  
[provider.healthnet.com](mailto:provider.healthnet.com)

#### Health Net Employer Group HMO, POS, HSP, PPO, & EPO

1-800-641-7761  
[provider.healthnet.com](mailto:provider.healthnet.com)

#### IFP – CommunityCare HMO, PPO, PureCare HSP, PureCare One EPO

1-888-926-2164  
[provider.healthnetcalifornia.com](mailto:provider.healthnetcalifornia.com)

#### Medicare (individual)

1-800-929-9224  
[provider.healthnetcalifornia.com](mailto:provider.healthnetcalifornia.com)

#### Medicare (employer group)

1-800-929-9224  
[provider.healthnet.com](mailto:provider.healthnet.com)

#### Medi-Cal – 1-800-675-6110

[provider.healthnet.com](mailto:provider.healthnet.com)

### PROVIDER COMMUNICATIONS

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