

PROVIDER Update



NEWS & ANNOUNCEMENTS

DECEMBER 19, 2018

UPDATE 18-905

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

Resources	Description	Registration/Information
MYSTRENGTH™	Online peer-led program that teaches coping strategies, such as dealing with pain and managing opioid use	www.myStrength.com/calviva myStrength mobile application
HEALTHOUTCOME	FREE personalized exercise plan based on the experience of patients and leading spine physicians	www.healthoutcome.org
GOKHALE METHOD®	FREE gentle hands-on instruction using posture modification. Effects are often immediate and long lasting	https://gokhalemethod.com
SECOND OPINION	Obtain a second opinion before deciding on orthopedic surgery	Medical plan benefit

ADDITIONAL INFORMATION

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 CalViva Health at 1-888-893-1569.

THIS UPDATE APPLIES TO MEDI-CAL PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

PROVIDER SERVICES

1-888-893-1569
www.healthnet.com