



Helping people with chronic pain better manage their lives

## Introducing an online program that helps you manage your pain

painACTION.com shows you how to manage chronic pain – step by step.



### Learn from people who understand chronic pain

painACTION.com offers pain management information from pain experts and people like you.

### Get the most from your medical care

painACTION.com helps you prepare for medical visits and manage your medications safely.

### Learn skills to help you manage your chronic pain

painACTION.com's "how to" lessons teach you skills based on the latest research.

### Accomplish your pain management goals

painACTION.com's daily tracker helps you monitor your progress and receive feedback about how to function at your best each day.

Register at [www.painACTION.com](http://www.painACTION.com) today to learn more about migraine, cancer, and back pain management.