

7. Should I make lifestyle changes to keep my spine healthy?

8. Could stress be making it worse? What can I do about it?

9. What are the risks and benefits of other treatments?

10. What posture, ergonomics, and body mechanics should I practice?

11. Can exercise relieve my pain? Which exercises do you recommend?

12. Are there any exercises or activities I should avoid?

13. If a doctor recommends surgery, is it necessary? What are the risks?



Get a whole-body workout

If you suffer from back or neck pain, it's important to incorporate a variety of activities into your exercise routine. Swimming is a great alternative to weight-bearing exercise, such as running, because it provides a low-impact aerobic workout. Varying your routine gives part of your body time to rest and may help reduce the risk of injury. Be sure to talk with your doctor before significantly increasing your physical activity.

The UnitedHealth Premium® designation program is a resource for informational purposes only. Designations are displayed in UnitedHealthcare online physician directories at myuhc.com® You should always consult myuhc.com for the most current information. **Premium designations are a guide to choosing a physician and may be used as one of many factors you consider when choosing the physicians from whom you receive care. If you already have a physician, you may also wish to confer with him or her for advice on selecting other physicians. Physician evaluations have a risk of error and should not be the sole basis for selecting a physician.** Please see myuhc.com for detailed program information and methodologies.

Only individual physicians and facilities that meet UnitedHealth Premium designation criteria, or physicians in designated specialties who are part of medical groups that meet UnitedHealth Premium criteria for group practices and who have sufficient claims data for analysis, may be designated. All physicians and facilities that contract with UnitedHealthcare have met credentialing requirements.

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Relief.

Find a doctor who is right for you. Look for the stars on **MyChoiceNotChance.com.**



Support.

Nearly **80 percent of adults experience back pain at some point.**¹ While most back pain can be treated without surgery, it's important to have a doctor who understands the variety of treatment options available.

The UnitedHealth Premium[®] program recognizes doctors who meet quality and cost efficiency criteria. To help you find a doctor who meets your needs or for more information, visit **MyChoiceNotChance.com**.

Make more informed health care decisions.

The UnitedHealth Premium program can help you find the support you need for back and neck problems. The program evaluates and recognizes doctors who meet quality and cost efficiency criteria.



Quality Care

Physicians who meet the quality criteria receive the quality designation, or one star.



Cost-Efficient Care

Physicians who meet the local benchmark criteria for cost efficiency receive a second star.



UnitedHealth Premium Two-Star Physicians

Physicians who meet both the quality and cost efficiency criteria receive two stars, which is displayed on myuhc.com and in other provider directories.



Looking for a specialist or a surgeon?

Find one who is right for you.

If your physician recommends that you see a specialist—or if you need surgery—we can help you find UnitedHealth Premium designated orthopedic and spine physicians and surgical spine facilities.

For more information, visit **MyChoiceNotChance.com**.

When evaluating orthopedic surgeons and neurosurgeons, we consider:

- * Use of conservative, non-operative care prior to surgery
- * Use of diagnostic testing prior to surgery
- * Appropriate use of post-operative rehabilitation
- * Complication rates
- * Surgery repeat rates

Back and Neck Pain Questions for Your Doctor

1. What is causing my back and neck pain?

2. Is it serious?

3. What are my treatment options?

4. Can I treat it at home or do I need to see a doctor?

5. Do you recommend medication? Are there any side effects?

6. How can I prevent my pain from getting worse?

¹ <http://www.nlm.nih.gov/medlineplus/backpain.html>

