



# We've got your back

**As a CalPERS PPO member, you can get advanced, personalized back therapy at no cost.**

Are you dealing with back or neck problems, but don't want to resort to surgery or injections? If you're a CalPERS PPO member, you now have access to an online program to help you feel better – without costly and painful spine treatments that affect your daily life.

For 13 years, the **SpineZone program** has helped thousands of patients get relief from back and neck pain through exercise, muscle strengthening and posture training. Their care team includes highly trained physical therapists, exercise physiologists, physician assistants and a spine surgeon.

## Here's how the program works

1. Take an assessment at [calpers.spinezone.com](http://calpers.spinezone.com) by answering a few questions.
2. Have a phone evaluation with a SpineZone care team member.
3. Start treatment with a six-week program that includes working with a dedicated health coach and learning about exercises and techniques for back or neck problems.

## The SpineZone Program aims to help you:

- Lower your pain and discomfort.
- Rely less on pain medicine.
- Avoid surgery.
- Get the most out of life, whether you want to be active or more productive at work.

## How well does the SpineZone program work? The proof is in the results.

Patients who used the SpineZone Online program reported a 54% decrease in pain.<sup>1</sup> And, in a two-year study with a medical group, patients using the SpineZone program had less pain and better results when compared to those with the same condition who were treated with the usual care and therapy.<sup>2</sup>



## Think SpineZone could help you?

Learn more at [calpers.spinezone.com](http://calpers.spinezone.com) and complete the online assessment to get started.

If you have questions, call SpineZone at **1-877-453-1144** from 8:30 a.m. to 5 p.m. PT, Monday to Friday or email [calpers@spinezone.com](mailto:calpers@spinezone.com).

1 SpineZone Patient Report (PDF) for all referred patients between January 1, 2017 and April 20, 2018 (accessed April 2018).  
2 SpineZone website, *Happier Patients, Fewer Surgeries, and Better Analytics with SpineZone* (accessed April 2018): [spinezone.com](http://spinezone.com).

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