

# Suggestions to help prevent back pain when



ARE

**Managing an ongoing medical condition sometimes takes an extra hand.**  
The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

### Contact MVP to learn more

about our health management programs. Call 1-866-942-7966 or visit [mvphealthcare.com](http://mvphealthcare.com)

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