

HELLO NAME (EMPLOYEE ID):

IT'S WEEK TWO OF THE HEALTHY BACK CHALLENGE. EACH WEEK YOU HAVE:

- ONE OR TWO ACTIVITIES
- AN ONLINE QUIZ
- AN OPTIONAL EDUCATION SESSION

A COMMON QUESTION IS **"DO WE NEED TO TURN IN ANYTHING?"**

SHORT ANSWER: **"No."**

LONGER ANSWER: WELLPATH IS LIKE SANTA CLAUS, "WE KNOW IF YOU HAVE BEEN BAD OR GOOD. SO BE GOOD FOR GOODNESS SAKE."

**WARNING:** IF YOU HAVEN'T ALREADY, **COMPLETE THE PRE-TEST ASAP.** IT WILL CLOSE THIS WEEK. THE PRE-TEST, POST-TEST & EVALUATION ARE NECESSARY TO EARN 50 WELLPATH POINTS FOR COMPLETING THE HBC. [CLICK HERE](#) FOR THE PRE-TEST.

### **IN WEEK TWO YOU HAVE TWO (2) ACTIVITIES:**

- 1) REVIEW THE INFORMATION AND CONSIDER DOING AN ASSESSMENT OF YOUR BACK HEALTH USING THE JOINTSTRONG™ APP. (SEE ACTIVITY ONE BELOW)
- 2) TOWARDS THE END OF THE WEEK, BEGIN USING YOUR ASSESSMENT INFORMATION TO BUILD AN INDIVIDUALIZED EXERCISE PLAN FOR A HEALTHY BACK. (SEE ACTIVITY TWO BELOW)

### **ACTIVITY ONE:**

**REVIEW THE FAQ ABOUT THE JOINTSTRONG™ APP AND CONSIDER USING THE APP TO COMPLETE THE SELF-ASSESSMENT.** THE JOINTSTRONG™ APP MAY EDUCATE YOU ABOUT STRATEGIES NEEDED TO PREVENT AND SELF-TREAT BACK PAIN. THE APP INTEGRATES THE ASSESSMENT INFORMATION WITH SELF-CARE PROTOCOLS AND EDUCATIONAL MATERIAL. COMPLETING THE JOINTSTRONG™ ASSESSMENT IS OPTIONAL. PLEASE REVIEW THEIR WEB SITE ([HTTPS://WWW.JOINTSTRONG.COM/](https://www.jointstrong.com/)) AND THE [FAQ](#).

JOINTSTRONG™ PARENT COMPANY IS IMC. **IMC WILL BE IN TWO WATERS B106 ON TUESDAY AUGUST 21<sup>ST</sup> AND TWO WATERS B102 ON WEDNESDAY AUGUST 22<sup>ND</sup>** TO ANSWER QUESTIONS ABOUT THE APP, THE ASSESSMENTS, PREVENTION VS. TREATMENT OF BACK PAIN AND EVEN HELP YOU TO COMPLETE THE ASSESSMENTS.

### **ACTIVITY TWO:**

YOU WILL RECEIVE A SHORT ARTICLE ABOUT BUILDING AN INDIVIDUALIZED EXERCISE PLAN BASED ON SELF-ASSESSMENT (ARTICLE COMING SOON). CHOOSE ONE EXERCISE TO

BEGIN TO DO 3 TO 5 DAYS A WEEK. IF THE EXERCISE MAKES YOU FEEL BETTER AND DOESN'T AGGRAVATE YOUR BACK, THEN YOU HAVE A WINNER! NEXT WEEK YOU WILL REPEAT THE PROCESS ADDING A SECOND EXERCISE, AND SO ON. EACH WEEK YOU REPEAT THIS PROCESS AND BY THE END OF THE HBC YOU WILL HAVE A SHORT EXERCISE ROUTINE FOR YOU TO KEEP YOUR BACK IN GOOD SHAPE. **THE ARTICLE IS ON THE CALENDAR FOR 8/24/2018.** WE WILL SEND A LINK TO YOU BY E-MAIL.

## **QUIZ:**

THE ONLINE QUIZ: **LIVING IN A FLEXION WORLD** WILL BE AVAILABLE TOWARDS THE END OF THE WEEK. JUST AS IT WAS WITH LAST WEEK'S QUIZ, THIS QUIZ WILL BE EASY AND WILL HELP YOU LEARN AND EXPLORE RESOURCES AROUND THE TOPIC MATTER.

## **EDUCATIONAL LUNCH & LEARN (OPTIONAL):**

### **JOINTSTRONG: PREVENTION VS. TREATMENT WITH IMC**

**JOIN INTEGRATED MUSCULOSKELETAL CARE (IMC) FOR A DISCUSSION ABOUT THE USE OF THEIR JOINTSTRONG™ MOBILE APP TO ASSESS YOUR BACK HEALTH AND DETERMINE IF YOU SHOULD PRACTICE PREVENTION OR IF YOU NEED TREATMENT FOR BACK PAIN.**

IMC IS A PHYSICAL THERAPY GROUP WHO HAS CONTRACTED WITH SRP-MIC TO HELP TREAT JOINT PAIN. FIND OUT MORE ON THE [IMC PAGE OF WELLPATH.INFO](#).

**THURSDAY, 8/23/2018 @ 11:00AM**

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS A109

(LINK WILL OPEN E-MAIL TO [WELLNESS@SRPMIC-NSN.GOV](mailto:WELLNESS@SRPMIC-NSN.GOV))

THAT'S THE FUN FOR WEEK TWO OF THE HBC. QUESTIONS? [WELLNESS@SRPMIC-NSN.GOV](mailto:WELLNESS@SRPMIC-NSN.GOV).