



# WELLPATH'S HBC WEEK TWO



WELCOME TO WEEK TWO OF THE HEALTHY BACK CHALLENGE (HBC).

FOR THE HBC **EACH WEEK** YOU HAVE:

- ONE OR TWO ACTIVITIES TO COMPLETE
- ONE OR TWO QUIZZES TO TAKE
- STARTING IN WEEK TWO, EACH WEEK YOU BEGIN BUILDING YOUR EXERCISE PLAN
- ONE OPTIONAL LUNCH AND LEARN SESSION.

BELOW WE WILL OUTLINE THE ACTIVITIES FOR WEEK TWO:

## **WEEK TWO ACTIVITIES:**

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. PLEASE REVIEW THEIR WEB SITE ([HTTPS://WWW.JOINTSTRONG.COM/](https://www.jointstrong.com/)) AND THE [FAQ](#). COMPLETING THE JOINTSTRONG™ ASSESSMENT IS OPTIONAL.

JOINTSTRONG™ PARENT COMPANY IS IMC. **IMC WILL BE IN TWO WATERS B106** ON TUESDAY, AUGUST 21<sup>ST</sup> AND IN 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.

THE **SECOND ACTIVITY** IS TO **BEGIN BUILDING AN EXERCISE PLAN TO KEEP YOUR BACK HEALTHY.** WE WILL START THIS LATER IN WEEK TWO AFTER YOU HAVE A CHANCE TO USE THE JOINTSTRONG™ APP.

YOUR EXERCISE PLAN SHOULD BE TOTALLY INDIVIDUALIZED AND IF YOU HAVE A DIAGNOSED CONDITION WHICH EFFECTS THE HEALTH OF YOUR BACK, OR IF YOU HAVE BEEN HAVING BACK PAIN OR OTHER SYMPTOMS, YOU SHOULD BUILD THIS EXERCISE PLAN WITH CONSULTATION FROM YOUR DOCTOR AND OTHER HEALTH/FITNESS CARE PROVIDERS. THIS WEEK SUCH PROVIDERS FROM INTEGRATED MUSCULOSKELETAL CARE (IMC) WILL BE AT SRP-MIC TRIBAL ADMINISTRATIVE COMPLEX DOING ASSESSMENTS AND PROVIDING EDUCATION. BUT IMC IS ALWAYS AVAILABLE TO THOSE PARTICIPATING IN THE SRP-MIC HEALTH PLAN. FOR MORE INFORMATION VISIT [WWW.WELLPATH.INFO/IMC](http://WWW.WELLPATH.INFO/IMC).

IF YOU DID THE SELF-ASSESSMENT IN WEEK ONE, THE RESULTS ARE VERY HELPFUL IN DESIGNING AN EFFECTIVE PREVENTIVE EXERCISE PLAN. THIS IS ALSO TRUE OF THE JOINTSTRONG ASSESSMENT OF THIS WEEK. THE ASSESSMENT CAN IDENTIFY WEAKNESSES WHICH CORRESPOND TO SPECIFIC EXERCISES WHICH HELP STRENGTHEN YOUR BACK.

EACH WEEK FROM THIS POINT ON, YOU ARE GOING TO ADD AN EXERCISE OR TWO TO CREATE A SIMPLE, RELATIVELY SHORT EXERCISE ROUTINE SPECIFICALLY AIMED AT KEEPING YOUR BACK STRONG. IN THE LAST WEEK OF THE CHALLENGE YOU WILL FORMALIZE THIS EXERCISE ROUTINE AND SCHEDULE IT INTO YOUR DAILY LIFE. MORE ABOUT THIS LATER.

IN WEEK 3 A MENU OF EXERCISES WILL BECOME AVAILABLE AND YOU WILL CHOOSE ONE OR TWO EXERCISES THAT YOU WILL DO EACH DAY (OR AS LITTLE AS 3 TIMES/WEEK). READ THE ARTICLE ON [BUILDING YOUR BETTER BACK PROGRAM](#) AND ALL WE BECOME KNOWN TO YOU. **THE ARTICLE WILL COME TO YOU BY E-MAIL LATER THIS WEEK.**

SO TO RECAP, THERE ARE TWO ACTIVITIES FOR WEEK ONE OF THE HBC:

- 1) REVIEW THE JOINTSTRONG™ WEB SITE AND FAQ. CONSIDER USING THE APP TO COMPLETE THE SELF-ASSESSMENT.
- 2) READ THE ARTICLE AND START BUILDING YOUR PREVENTIVE EXERCISE PLAN. THE ARTICLE WILL BE COMING SOON.

## **WEEK TWO QUIZ:**

THE QUIZ FOR WEEK TWO IS ENTITLED: [LIVING IN A FLEXION WORLD](#). THE LINK FOR THE QUIZ WILL ALSO BE SENT TO YOU BY E-MAIL AND THE LINK WILL BE AVAILABLE AT [WWW.WELLPATH.INFO/CHALLENGES](http://WWW.WELLPATH.INFO/CHALLENGES).

YOU DON'T HAVE TO WORRY ABOUT HOW YOU DO ON THE QUIZ, JUST THAT YOU COMPLETE THE QUIZ EACH WEEK. IT WILL ONLY TAKE A FEW MINUTES. QUIZZES CAN BE FUN AND EDUCATIONAL – YOU'LL SEE.

## **WEEK TWO LUNCH & LEARN SESSION (OPTIONAL):**

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

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

ALL THE LUNCH & LEARN SESSIONS FOR THE HBC ARE OPTIONAL AND ENDORSED SEPARATELY FOR 15 WELLPATH POINTS. BRING A COWORKER. YOU DON'T HAVE TO BE PARTICIPATING IN THE HBC TO ATTEND THE LUNCH & LEARN SESSIONS.

SO THAT'S WEEK TWO OF *8-WEEKS TO A BETTER BACK*.

**QUESTIONS?** [WELLNESS@SRPMIC-NSN.GOV](mailto:WELLNESS@SRPMIC-NSN.GOV)

**DON'T FORGET TO CHECK IN AT [WWW.WELLPATH.INFO/CHALLENGES](http://WWW.WELLPATH.INFO/CHALLENGES) OFTEN.**