



RELIEF MAY BE CLOSER THAN YOU THINK

To help prevent or manage joint and muscle pain, Roche offers a variety of resources to fit a wide range of needs, from occasional aches to ongoing issues.



A SPECTRUM OF SUPPORT – Most of the resources listed here are available at no additional cost. Your health savings account (HSA) can help pay for medical services such as acupuncture, chiropractor visits and physical therapy.

START WITH PREVENTIVE STEPS



Maintaining a healthy lifestyle through movement, sleep, nutrition and weight management may be the first step toward preventing and managing your pain. These programs are available to help:

Support for healthy living

- **Real Appeal®** is an online weight-loss program that features group sessions with a coach, a mobile app and resources to help you achieve your goals. Enroll at roche.realappeal.com.
- **Wondr** is a digital weight-loss program that teaches science-based skills that help you lose weight, sleep better and stress less. Apply today at wondrhealth.com/roche.
- **Virtual Fitness Network** – Access live fitness classes, on-demand workout videos, nutrition tips and much more. Visit go.gene.com/vfn to get started.
- **Rally® and rewards** – Get personalized recommendations for healthy daily activities and opportunities to earn rewards. Check out a full list of rewards and the Rally notice at go.roche.com/rallyrewards. Register at rallyhealth.com/roche to start earning or download the Rally app and use the code: **ROCHE**.

Tips to consider

- **Stretch** – Proper stretching may help ease pain and also keep your muscles loose to help prevent pain before it starts.
- **Take breaks** – Pencil in a break every 30 minutes to get up and stand, stretch or go for a quick walk. This may promote better blood flow for your muscles and joints, and it may also give your eyes and mind a break.
- **Consider ergonomic solutions** – Ensure that your workstation is ergonomically correct. Learn more about the importance of ergonomics at uhc.com/health-and-wellness/fitness/ergonomics.
- **Lift carefully** – Don't lift objects that are too heavy for you. When you do lift, keep your back straight, head up, core in tight and lift with your knees.

CONSIDER CONSERVATIVE CARE



If pain persists, the recommendation is to start with the least invasive care options before considering surgery. These effective treatments often cost less and may help you get back to your normal routine faster.^{1,2} Try some of these treatments and programs:

- **Acupuncture, chiropractor visits and physical therapy** – Getting care from a physical therapist or chiropractor first may significantly reduce or eliminate the need for medication or surgery in the future.¹ Learn about coverage for these services and find network providers at myuhc.com.
- **Omada® for Joint & Muscle Health** – Visit go.omadahealth.com/roche. Meet one-on-one virtually with a physical therapist from Omada for Joint & Muscle Health who can assess, diagnose and treat most joint or muscle concerns, and determine if virtual physical therapy is right for you.

Pain got you down?

Chronic pain and depression or other mental health conditions sometimes go hand in hand. These resources are available to help:

- The **HealthTeam** includes clinically trained behavioral health specialists to help you and your family find the mental health support and care you need. Call **1-888-264-0749**.
- **Therapy for everyday mental health and crisis support, Lyra** offers 25 sessions per person, per year, virtual coaching and 24/7 crisis care at no additional cost to you. Reach out today via roche.lyrahealth.com or **1-844-281-1753**.
- Call the Emotional Health Line at **1-800-385-3613** anytime for in-the-moment emotional support from master's-level trained professionals here to help.

¹ Corcoran KL, Bastian LA, Gunderson CG, et al. Association between chiropractic use and opioid receipt among patients with spinal pain: A systematic review and meta-analysis. *Pain Medicine*. 2020;21(2):e139-e145.

² Keeney BJ, Fulton-Kehoe D, Turner JA, et al. Early predictors of lumbar spine surgery after occupational back injury. *Spine*. 2013;38(11):953-964.

Restrictions and requirements apply. Must be an employee or spouse/domestic partner enrolled in a Company medical plan to qualify.

SUPPORT IF CONSIDERING SURGERY



If considering surgery, these resources are available to provide information and help support you with treatment decisions.

- **Get a medical opinion** – Contact **Teladoc Medical Experts** for medical advice about a diagnosis or help deciding on a treatment option. Get started at teladoc.com/medical-experts/.

Support and guidance

The **HealthTeam** is here to help you and your family find a provider or specialist, resolve a claim, decide where to go for care, talk with a nurse and more.

- **Decision Support** – Get information and support to help you with treatment decisions.
- **Specialist Management Solutions (SMS)** – Learn about costs and options for localized care from an SMS care advocate, and receive a referral to a surgeon or specialist for your condition. Call the HealthTeam and ask about SMS.



1-888-264-0749, Monday through Friday, 5 a.m. to 5 p.m. PST
Nurses and pharmacists on duty 24/7.



Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Real Appeal is a voluntary weight-loss program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through these services are for informational purposes only and provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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