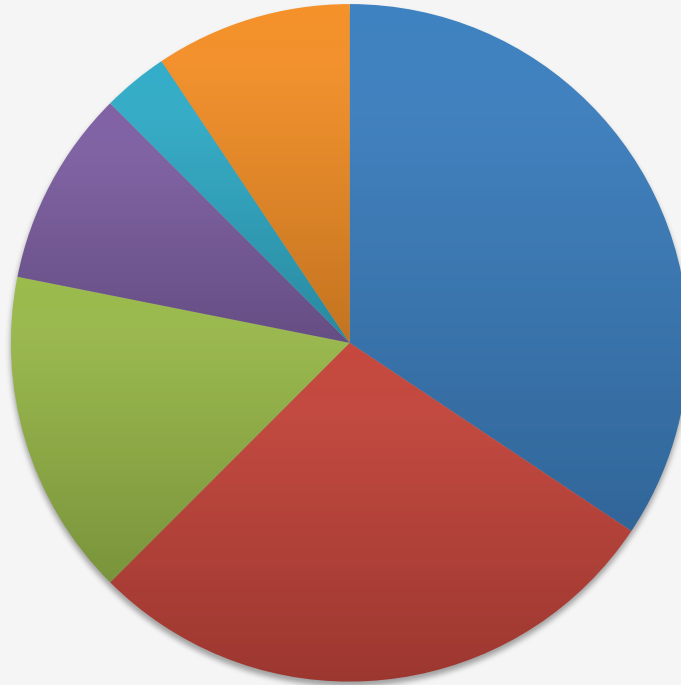


Member Survey Results: If you have chronic or frequent pain, how do you deal with it?



- I use over-the-counter and/or prescription pain killers regularly for pain.
- I have changed the way I move and/or exercise to adapt to or reduce my pain
- I use alternative methods to address my pain (acupuncture, massage, meditation, etc).
- I have changed my diet to help elevated pain.
- I don't have chronic pain that impacts my life
- Others: Sugar is bad for my arthritis; I see an orthopedist and have physical therapy when I have a flare up; painless low level cold laser therapy.