

LEARN TO CONQUER CHRONIC PAIN

Managing chronic pain can be difficult. It can be hard to explain to friends, family, and doctors. It can feel like it's taking control of your life and your mental health and can be challenging to explain and provide evidence of pain to doctors.

Manage My Pain is a simple and effective app to track, analyze, and share chronic pain details so you can get the support you need.

Manage My Pain was created in partnership with industry-leading pain researchers and has been clinically validated by Canada's largest academic hospital, the University Health Network. It has helped thousands of people – with conditions like fibromyalgia, migraines, arthritis, or back pain – better understand their symptoms and help others understand as well.

MANAGE MY PAIN WILL HELP YOU:

- **Record how you're feeling.** Easily describe your pain in less than 60 seconds – a few times a week is all that is needed.
- **Reflect on your day.** Take your mind off pain and record activities that are meaningful to you.
- **Highlight patterns and trends.** Charts and graphs describe your results, and over time, these insights get more powerful.

- **Track how well prescribed medication is working.** Add any medication to your profile and mark if it helps manage your pain.
- **Describe your pain.** Share what you're going through by creating evidence-based reports for diagnosis, treatment, and claims.
- **Get support.** A responsive team and detailed user guides are available to help.

Manage My Pain is available in seven different languages: English, French, Simplified Chinese, Korean, Russian, Spanish, and German.

DOWNLOADING AND USING THE APP IS FREE!

As a Green Shield Canada (GSC) plan member, you'll have access to:

- unlimited entries, both adding and viewing
- in-app analytics and basic reports for the last 30 days
- five free comprehensive reports, exclusively for GSC plan members (additional reports are available at a cost)

Want to learn more about how you can better manage your pain? Visit [Manage My Pain](#).

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