

SUBJECT LINE: Do you need help with back or neck pain?

Your benefits include the SpineZone online program at no extra cost.

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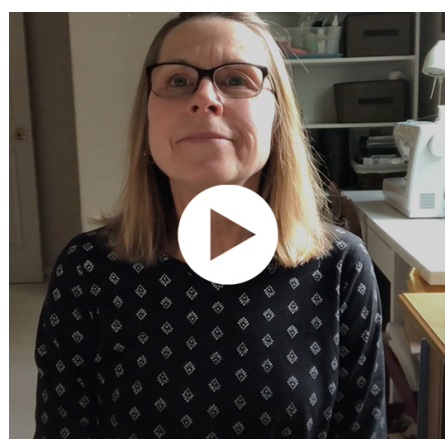


Back and neck pain relief is here

Receive advanced, personalized therapy at no extra cost

Do you have back or neck pain, but don't want to resort to surgery or injections? As a CalPERS PPO member, you have access to the SpineZone online program to help you feel better without leaving home — and at no extra cost.¹

SpineZone has helped more than 100,000 patients find relief from back and neck pain through exercise, muscle strengthening, and posture training.² Their care team includes highly trained physical therapists, exercise physiologists, and physician assistants who will work with you to achieve your goals.



Support that can make a real difference

Hear firsthand about SpineZone from a CalPERS member. Watch her story on YouTube.

[Watch the video](#)

How it works

- 1 Take an assessment at calpers.spinezone.com to see if SpineZone is right for you.
- 2 Do a phone evaluation with a care team member.
- 3 Begin a six-week online program with your dedicated Spine Coach.



[Start your assessment](#)

The program's goal is to bring you back to the life you want, minus the surgery, injections, and reliance on pain medications.

Find long-term relief without surgery or injections

Use the button above to begin your online assessment. To learn more or ask questions, call SpineZone at **877-453-1144**, from 8:30 a.m. to 5 p.m. PT, Monday through Friday. You can also email calpers@spinezone.com.

¹ The SpineZone online program is available at no cost for active CalPERS PPO members who are eligible for the program at the date of their SpineZone assessment.
² SpineZone. *Overview* (accessed May 2021): spinezone.com.

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