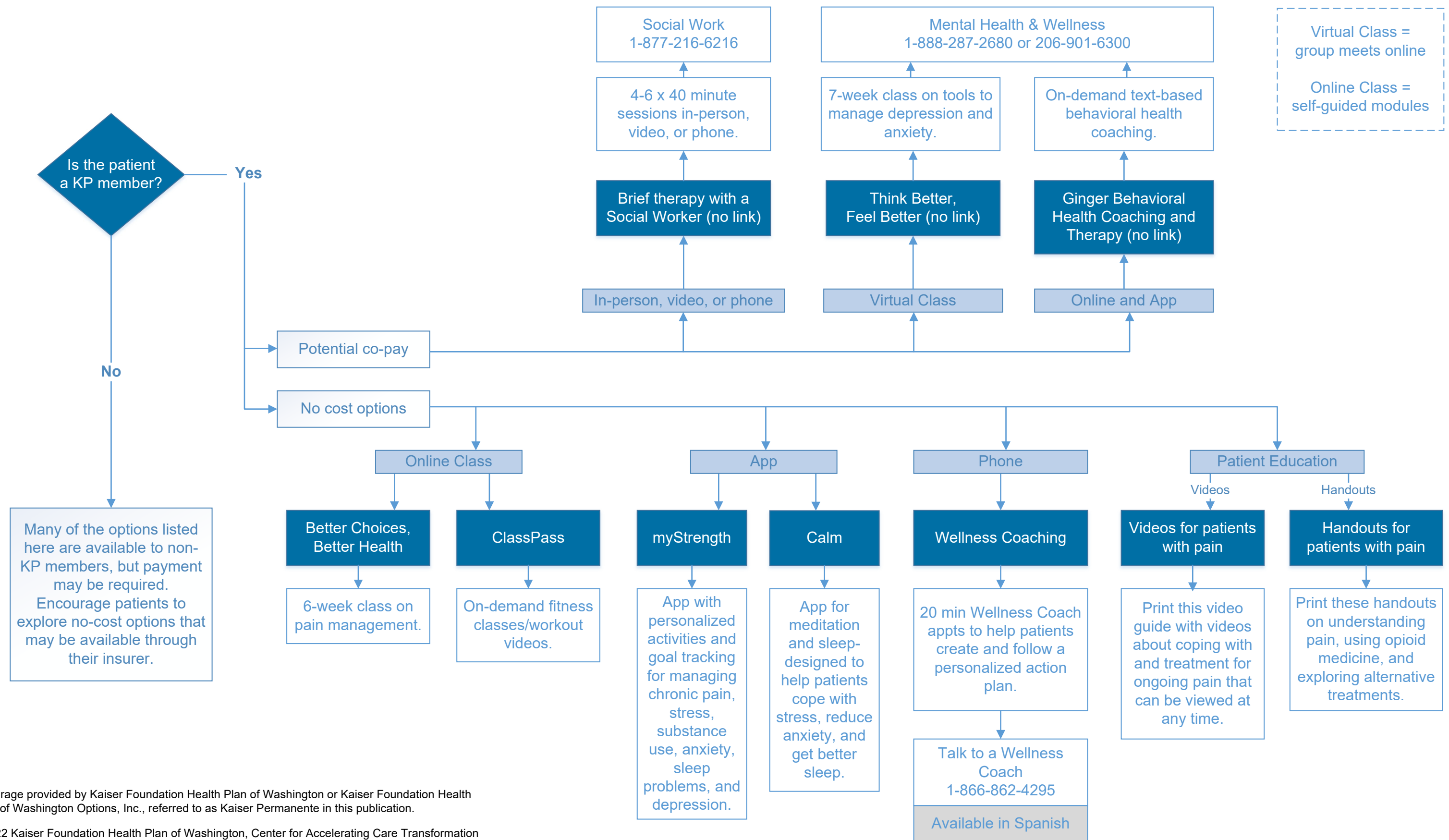


Finding the right self-management resources for patients with chronic pain

All resources require internet access to connect from a computer or smartphone



Self-Management Resources for Patients with Chronic Pain

*All resources require internet access to connect from a computer or smartphone

Name	High-level description	Patient-facing description	Mode of Delivery (phone, app, etc.)	Eligibility	Cost	How to use the resource (e.g. referral, send via secure message)
Think Better, Feel Better	7-week class on tools to manage depression and anxiety.	Think Better, Feel Better: During this 7-week virtual class participants are taught cognitive-behavioral therapy skills to manage their depressed and anxious moods, reduce their symptoms and improve their functioning. Participants can join at any time. Classes are held at various times, day and evenings throughout the week. If actively working with a provider in Mental Health Specialty please talk to them about whether this class would be a good option for you. If you are not actively in treatment, please call the Mental Health & Wellness Access directly, 1-888-287-2680 or 206-901-6300, to schedule and see if this class would be a good fit for you.	Virtual class- group meets online via Microsoft Teams	KP Members	Attendance may be subject to a copay	Patient can contact Mental Health & Wellness Access 1-888-287-2680 or 206-901-6300
Better Choices, Better Health (link)	6-week class on pain management.	Better Choices, Better Health: During this 6-week online skill-building program participants set goals based on what is important to them and learn tools to help them meet their goals and better manage their pain, including managing stress, communicating with friends and family, and getting better sleep. For more information, please call the Kaiser Permanente Resource Line toll free at 1-800-992-2279 or visit: https://enroll-kpwa1.selfmanage.org/ . To enroll online, under chronic condition select other and type in chronic pain.	Online class- self-guided modules	KP Members	No cost	Send via secure message
ClassPass (link)	On-demand fitness classes/workout videos.	ClassPass offers online video workouts on a range of classes including yoga, dance, cardio, boxing, Pilates, boot camp, and more. Unlimited on-demand workouts are available at no cost to KP members. For more information visit: https://wa.kaiserpermanente.org/html/public/member-guide/perks	Online class- self-guided	KP Members	No cost	Send via secure message
Wellness Coaching (link)	20 min Wellness Coach appts to help patients create and follow a personalized action plan.	Wellness Coaching connects participants by phone to health educators with expertise in preventive health and behavior-change counseling to help them reach goals by creating a personalized action plan and providing one-on-one support. Participants will work with the same coach for all sessions. Phone sessions last about 20 minutes and are scheduled at times convenient for participants. Coaching is offered in English and Spanish. To connect with a wellness coach call 1-866-862-4295, Monday through Friday, from 7a.m. to 7p.m. to make an appointment or visit: https://wa.kaiserpermanente.org/html/public/member-guide/wellness-coach	Phone	KP Members	No cost	Send via secure message
myStrength (link)	App with personalized activities and goal tracking for managing chronic pain, stress, substance use, anxiety, sleep problems, and depression.	myStrength app is a personalized program that helps you improve your awareness and change behaviors. It includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. myStrength offers tailored programs for managing chronic pain, substance use, depression, anxiety, sleep, and stress. To sign up for myStrength visit: http://www.kp.org/wa/mhw 1. Click on the get myStrength button and sign into your KP Washington account with your user ID and password. 2. Follow the prompts to complete registration and begin using myStrength.	Online and App	KP Members	No cost	Send via secure message

Calm (link)	App for meditation and sleep- designed to help patients cope with stress, reduce anxiety, and get better sleep.	Calm is an app for meditation, mental resilience, and sleep. Calm is the #1 app for meditation and sleep- designed to help lower stress, reduce anxiety, and more. Calm is available to adult KP members at no cost. To sign up for Calm visit: http://www.kp.org/wa/mhw 1. Click on get Calm and sign into your KP Washington account with your user ID and password. 2. Follow the prompts to complete registration and begin using Calm.	Online and App	KP Members	No cost	Send via secure message
Brief therapy with a Licensed Clinical Social Worker	Brief therapy (4-6, forty-minute sessions), for patients age 13 and up.	Brief therapy with a Licensed Clinical Social Worker: All of Kaiser Permanente primary care offices have a licensed clinical Social Worker on staff, to assist with immediate patient mental health needs in primary care through our Integrated Mental Health program. Additionally, our clinic Social Workers provide brief therapy (4-6, forty-minute sessions), for patients age 13 and up. Brief therapy focuses on skill building, problem solving, and behavioral activation for depression, anxiety, grief, insomnia, stress, chronic pain, substance use, etc. Clinical Social Workers are offering in-person visits, video visits and telephonic visits. If you would like additional information on brief therapy in primary care you can contact the Social Work Department by phone at 877-216-6216.	In-person, video, or phone	KP Members	Attendance may be subject to a copay	Patient can contact the Social Work Department by phone at 877-216-6216
Ginger Behavioral Health Coaching	On-demand text-based behavioral health coaching.	Ginger Behavioral Health Coaching & Therapy provides two options for your mental health support. You can participate in their online coaching through the Ginger app. Staffed with licensed clinicians, their coaches support you in making behavioral changes to improve your mood. Ginger also provides online therapy with a licensed clinician. To access Ginger, you can contact Mental Health & Wellness Access at 1-888-287-2680 or 206-901-6300. You can request the service from our Mental Health & Wellness Access staff. They will help coordinate connecting you with Ginger for therapy services.	Online and App	KP Members	Attendance may be subject to a copay	Patient can contact Mental Health & Wellness Access 1-888-287-2680 or 206-901-6300
Educational Videos for Patients with Long-Term Pain (link)	Patient education videos about coping with and treatment for chronic pain that can be viewed at any time.	Educational Videos for Patients with Long-Term Pain recommended by patient partners with ongoing pain. Please print the video guide or download and send in a secure message to share. Available from: https://wa-provider.kaiserpermanente.org/provider-support/commitment-quality	Educational videos	KP Members	No cost	Print for the patient or download and send in a secure message.
Education materials for patients with pain (link)	Patient education materials for patients with long-term pain on understanding pain, using opioid medicine, and exploring complementary treatments.	Chronic Pain Management are education materials for patients with long-term pain on understanding pain, using opioid medicine, and exploring complementary treatments. Please print these handouts or download and send in a secure message to share. Available from: https://wa-provider.kaiserpermanente.org/provider-support/commitment-quality	Educational handouts	KP Members	No cost	Print for the patient or download and send in a secure message.