The new WebMD Pain Coach offers a holistic approach to balancing lifestyle with chronic pain conditions to help inspire a better day. This mobile companion can help users navigate daily health and wellness choices so they can better manage chronic pain. Personalized with physician-reviewed tips related to chronic pain conditions, the app helps each user understand pain triggers, set goals and easily share progress with their physician.

The WebMD Pain Coach™ is designed to offer a personalized experience by delivering content about specific chronic pain conditions including:

- Back pain
- Nerve pain
- Migraine
- Rheumatoid arthritis
- Neck pain
- Fibromyalgia
- Osteoarthritis

293 Articles  588 Tips  25 Videos  86 Goals  5 Quizzes
The WebMD’s Pain Coach™ helps those suffering from back pain, neck pain, nerve pain, fibromyalgia, migraine, osteoarthritis and rheumatoid arthritis by providing customized information based on their condition(s), treatments and lifestyle.

The WebMD Pain Coach App:

- **Addresses the whole person:** Chronic pain is a complex bundle of physical, psychological and emotional factors. The WebMD Pain Coach tracks and provides insights on lifestyle and emotional concerns as well as pain levels and medications.

- **Makes it easy to engage:** Journaling needs to be simple and easy. The Pain Coach uses creative prompts and personal notifications to foster engagement.

- **Keeps it positive:** Chronic pain sufferers can feel demoralized and overcome with fear and anxiety. The WebMD Pain Coach inspires and encourages users to live a healthier lifestyle by making healthy decisions to help manage pain everyday.

- **Visualizes progress:** The WebMD Coach offers tools and resources that allows users to see patterns and discover potential triggers, show tangible progress through goal setting, and track to gain a measure of control.

The WebMD Pain Coach is organized into four easy-to-use sections:

- **Journal**
  This feature enables tracking of multiple chronic pain conditions and enables users to view their progress on a daily basis. The journal also serves as a portable reminder and checklist for patients to reference when communicating with their physicians.

- **Goal Keeper**
  The app allows users to easily set goals and monitor symptoms and triggers for easier pain management whenever and wherever they are. Users select physician-approved goals from five lifestyle categories related to specific pain condition(s): Food, Rest, Exercise, Mood and Treatments. There is also an option to create personalized goals. The goal duration can be set from one day to one year.

- **Library**
  The library contains the critical, physician-reviewed content relevant to each condition and pain management by way of articles, videos, slideshows and quizzes. All articles are available for offline reading.

- **Tips**
  This section features hundreds of ‘bite-sized’ tips that are associated directly with goals and organized into the same five lifestyle categories: Food, Rest, Exercise, Mood and Treatments. Each goal has between 3-10 supporting tips.