

# Pain Coach<sup>WebMD</sup>

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.

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## 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.
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## 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.