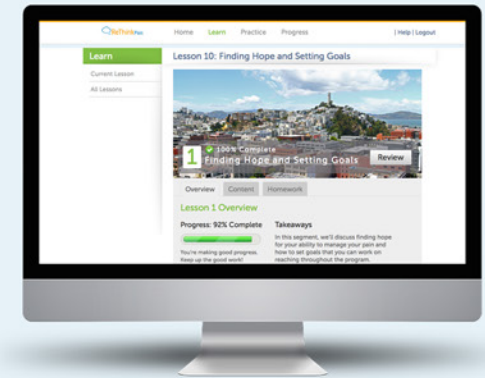




ReThink Pain

Give Yourself Another Chance

A Program to Help You
Learn New Ways
to Cope with Chronic Pain



Accessible anywhere,
anytime, at your own speed

HOW DOES IT HELP?

Your pain is real. But you don't have to suffer. Learn to decrease your pain and suffering by managing your thoughts, feelings, and behaviors.

“I'll never feel good again”



“It's not fair...”

“I can't do what I
used to do...”



“No one cares about my pain”

RETHINK PAIN

ReThink Pain was developed by Empower Interactive, Inc., a leading provider of digital behavioral health programs, in conjunction with experts from UCSF, the San Francisco Department of Public Health and the San Francisco Health Plan.

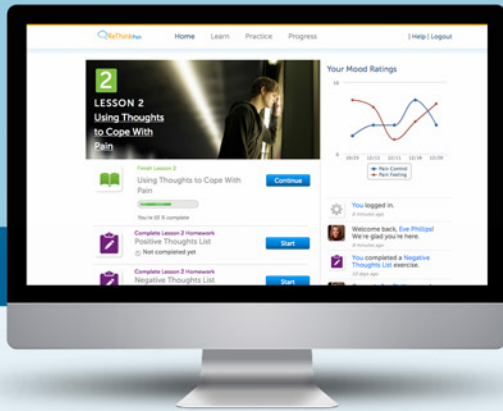
For more information on the program, please contact Empower at rethinkpain@empower-interactive.com

WE'RE HERE TO HELP YOU
GET YOUR LIFE BACK

CONTACT US

Send questions and comments to:
rethinkpain@empower-interactive.com

Medical Disclaimer:
ReThink Pain is a psycho-educational program that is not intended to be a substitute for professional medical advice, diagnosis, or treatment.



WHAT'S INCLUDED?

GETTING STARTED

ACTIVATE YOUR ACCOUNT



EASY TO REGISTER



LOGIN AT
RETHINKPAIN.COM



YOUR USERNAME:



YOUR TEMPORARY
PASSWORD:

ReThinkPain CAN HELP

Learn ways to:



Use your thoughts to
manage your pain



Build a stronger
support network



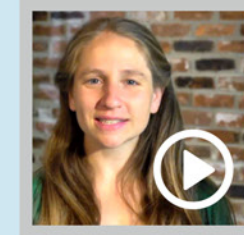
Beat insomnia and get
more sleep



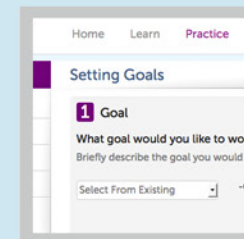
Pace your life to
avoid flare-ups



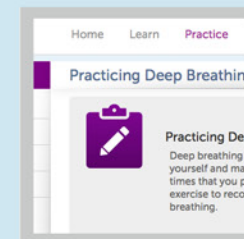
PAIN
TRACKER



HELPFUL
VIDEOS



INTERACTIVE
EXERCISES



RELAXATION
TECHNIQUES