



**Ask your  
health care provider  
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

## Living Better with Chronic Pain

**Pain lasting more than six months** affects as many as 50 million Americans. Chronic pain makes it difficult to do things you want to do. This program provides information on ways to cope with and manage your pain.