

Inova HealthNET



Inova BabyNET **Inova BackNET**
Inova TobaccoNET **Inova WeightNET**



Orientation

CareManagement@Inova.org

www.InovaHealthNET.com

703-698-2434



What is Inova BackNET?

- A 12-session internet-based healthy back program for Inova employees and their spouses
- A personal coach that supports you as you change behaviors that may cause or worsen back problems



What BackNET is NOT?

- Inova BackNET does not diagnose any medical condition
- Inova BackNET does not provide medical treatment for any health conditions, including back pain



BackNET Can Help You!

- By joining BackNET you will:
 - learn how to prevent and manage back problems so you can continue your normal daily activities and doing the things you enjoy
 - receive individualized support to help you take action to manage your back problems
 - become more confident about your body and less worried about your back condition



A Few Facts

- Sprains and strains are the most common type of injury that results in missed days of work. Over 50% of all sprains and strains occur in the back. (U. S. Bureau of Labor Statistics, 2004)
- The good news! Over 90% of back pain is **not** caused by a serious health problem that will require medical treatment, like surgery



Is BackNET For You?

- Inova BackNET is for you if:
 - you've never had any serious back pain, or
 - you experience back aches and discomfort that you manage on your own, or
 - you've been evaluated and treated by a physician for a back problem (may require physician approval for participation)



Not For You?

- BackNET is **not** for you if:
 - you are pregnant
 - you have been diagnosed and currently have any of the following:
 - spinal tumor
 - spinal infection



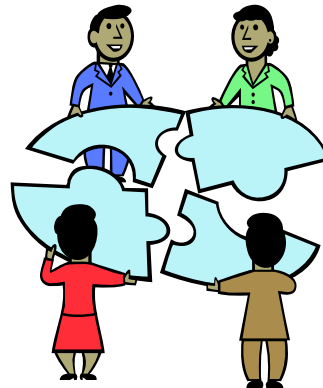
How Does BackNET Work?

- Register online for the 12-session program at www.InovaHealthNET.com
- If you are eligible, you will be assigned to an Inova BackNET Coach
 - BackNet Coaches are health professionals specially trained to provide individualized support



BackNET Coaches

- What do Coaches do?
 - Support you as you make gradual changes in your daily 'back' life
 - Introduce you to a variety of skills that have been shown to have a positive impact on back health





How Does BackNET Work?

- Read a short online class and work on specific activities each week
- Receive weekly email support from your Coach
- Email your Coach with questions at any time





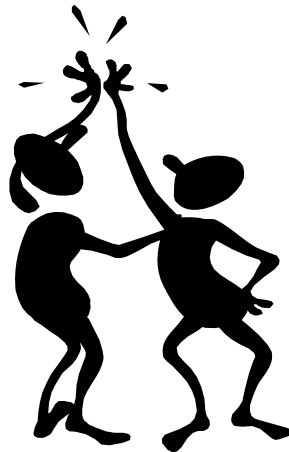
How Does BackNET Work?

- You'll have unlimited access to the Inova BackNET website, which focuses on:
 - Posture and Body Mechanics
 - Stretching & Flexibility
 - Stress
 - Strengthening



Actions That Lead to Results

- Inova BackNET is about taking action to prevent or manage back problems
- You will actively make changes in your life that have been shown to lessen back pain





Expectation of Members

- To be successful with Inova BackNET you'll need to:
 - make a personal commitment to focus on your health
 - communicate regularly with your Coach
 - complete online surveys and self-assessments
 - utilize educational resources on BackNET website





Costs

- This is a **FREE** benefit for Inova employees and their spouses!



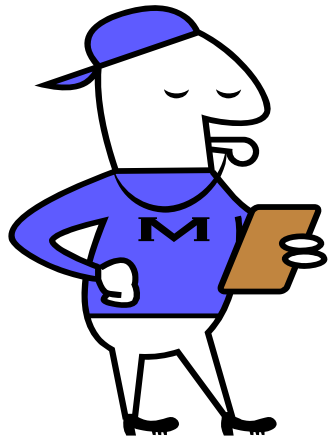


Confidentiality

- All data collected is confidential
- Inova Health System Human Resources will receive quarterly reports about program participation
 - individual names and other private information will not be included



Join Us!



- Think of Inova BackNET as your health behavior coach
- We can help you learn how to change behaviors that may contribute to back pain
- Learn new behaviors that will help you prevent back problems



Please Read

- The information contained in Inova BackNET is intended for educational purposes only
- Participation in Inova BackNET is not a substitute for medical care or the judgment of your health care professionals
- You should always consult your physician for any questions about your specific health status or conditions





Please Note...

- You will need your physician's approval before registering for Inova BackNET if:
 - you've seen a physician within the last 3 months for a back problem and are under active medical treatment for that condition
 - you've had back surgery within the last 12 months and have activity restrictions
 - you are currently out of work on disability for a back injury or back pain



See Your Physician

- Pain felt in the back can have many different causes
 - See your physician right away if you have any of the following:
 - any change in severity of pain
 - new back pain
 - back pain along with fever or chills
 - difficulty controlling bowel or bladder functions
- ***list continues***



See Your Physician (*continued*)

- increased frequency or painful urination
- unexplained weight loss
- pain, numbness, tingling or weakness in a leg or foot pain that doesn't change when you move or change position
- pain when coughing
- constant or increased pain when laying down
- back pain with abdominal pain or pulsing
- numbness in the groin, genital or rectal area
- any back pain and a history of cancer



Ready to Register?

- [Register now](#)
- Within 2 business days of registering, you will receive a welcome email that will get you started in the program
- For questions, contact us at 703.698.2434 or CareManagement@Inova.org
- [Physician Approval Form](#)