



Is Pain Hurting Your Business?

Chronic pain costs the nation up to \$635 billion in medical treatment and lost productivity every year.¹ Learn how your efforts as an employer can help bring relief.



Did You Know?

Pain is common. More than 100 million Americans experience chronic pain each year—more than diabetes, cancer and heart disease combined.¹

Living in constant pain can be emotionally distressing and can result in depression and anxiety.²

Much of the pain experienced by Americans could be prevented or better-managed.¹

Pain's Impact on Employers

Chronic pain is the number one cause of adult disability in the United States,⁴ and musculoskeletal pain—especially joint and back pain—is the most common single type of chronic pain.¹

Lost productive time from common pain conditions among active U.S. workers costs an estimated \$61.2 billion annually, largely due to reduced performance while at work.⁵

Approximately 4 in 10 Americans say pain interferes with their mood, activities, sleep, ability to do work or enjoyment of life.³

How are you addressing pain management and injury prevention? Tell us!



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Pain Can Be Short-Term⁶

Acute pain begins suddenly, often is sharp, and does not last longer than six months. Causes of acute pain can include surgery, broken bones, and dental work.

Pain Can Be Long-Term⁶

Chronic pain occurs when pain remains in the body for weeks, months, or years despite the fact that the injury has healed. Migraines, back pain, and arthritis are common types of chronic pain.

What About Pain Relievers?

Prescription pain-relieving medication – specifically opioids – can be effective for short-term, acute pain.⁷

While effective in some circumstances, prescription opioids have not been shown to be an effective treatment for long-term, chronic pain.⁷ Vicodin, OxyContin and Percocet are opioids that are commonly prescribed as pain-relieving medication. Long-term use of opioid medications can lead to serious side effects including addiction, injury, and even death.⁸



Pain Management

Pain can be managed in a variety of ways. Some forms of pain management include pain-relieving medications (both prescription and over-the-counter), physical and occupational therapies, massage, chiropractic services, acupuncture, stress management techniques, and cognitive-behavioral therapies.

Questions Employers Should Be Asking

- ▶ Do the health insurance plans that your organization offers to employees cover pain management solutions that are alternatives to medication such as massage and chiropractic services? Do these health insurance plans cover products and services that can prevent pain and injuries such as yoga or gym memberships? Are these services covered for and offered to both employees and their family members?
- ▶ Do you provide products and services at your workplace to prevent injury and help employees manage pain such as those focusing on ergonomic design or developing core strength? Are these products and services designed to be available to all of your employees including those who are at different locations and those who are mobile or work from home? Are they available during all work shifts?
- ▶ Is your organization aware of trends in your industry and best practices to address injury prevention and pain management? As an employer, do you offer training to employees that supports them in implementing best practices?

Ready to Address Pain Management and Injury Prevention in the Workplace?

Visit healthyAZworksites.org/pain or contact us:

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The Healthy Arizona Worksites Program (HAWP) is a public health initiative that has been developed through a partnership between the Arizona Department of Health Services and the Maricopa County Department of Public Health.

Statistic and other information sources referenced in this document can be found online at healthyAZworksites.org/pain