

# INTRODUCING THE



# PROGRAM & CLASS



## Do you have pain and/or stiffness in your hip(s) or knee(s)? Have you been told you have arthritis?

GHC-SCW offers a program to help manage your symptoms and flare ups to allow for increased activity levels and/or to potentially avoid surgery. The program starts with back-to-back visits with a Physical Therapist and a Dietitian. They will use a team-based approach to work with you and other healthcare providers. An individualized plan will be developed to help you reach your goals.

## What does the Healthy Joints Program include?

### A visit with a Physical Therapist who will:

- Perform a detailed exam
- Provide education on how to independently manage your symptoms and flare ups
- Start and progress you through an exercise program to improve your strength and function

### A visit with a Registered Dietitian who will:

- Assess your nutritional needs, preferences, and challenges
- Help you learn how to plan meals that taste good and are enjoyable
- Discuss ways that healthy food choices can help reduce your symptoms

You may be referred to one of our **GHC Sports Medicine** providers if needed. Call the GHC-SCW Physical and Occupational Therapy Department at **(608) 662-5060** to sign up.

Our **Complementary Medicine Department** may also be helpful in meeting your goals. These services include Massage Therapy, Acupuncture, Yoga, and Naturopathic Medicine, among others.

This program is generally covered by insurance. Some health plans may require a co-payment, co-insurance, or deductible. For benefit questions, please call Member Services at (608) 828-4853 or toll-free at (800) 605-4327.

## HEALTHY JOINTS CLASS: MANAGING HIP AND KNEE ARTHRITIS

### Do you have hip or knee arthritis? Are you wondering how to manage your pain and keep up with exercise?

Join our skilled Physical Therapists and Registered Dietician for an interactive educational session to learn what you can do to keep your joint symptoms under control and live your best, most active lifestyle.

**Sign up here:** [ghcscw.com/wellness/sign-up-for-classes#/Offerings](https://ghcscw.com/wellness/sign-up-for-classes#/Offerings)

### What else can I do?

If you're looking for a more exercise-based and individualized program, please call (608) 662-5060 and ask for more information about the Healthy Joints Program.

# BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
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 **Group Health  
Cooperative**

of South Central Wisconsin

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