

March Wellness News

Joint and Muscle Health

About one in two American adults are affected by a musculoskeletal condition, with low back issues being the most common. Whether it's everyday aches and pains, or a stiff back or neck, getting relief can help improve your overall quality of life. There are resources that can help you feel better and keep your body moving at its best.

Resource #1: Omada for Joint & Muscle Health

Omada for Joint & Muscle Health is a virtual program that helps you build muscle to prevent aches and pains, and connects you with a licensed physical therapist to help you treat current muscle or joint pain. All on your mobile device and on your schedule! Available to members enrolled in a Medica Choice® Passport plan. Services are available in Iowa, Minnesota, Missouri, North Dakota, South Dakota, and Wisconsin. Get started at OmadaHealth.com/MHC.

[View the Omada for Joint & Muscle Health video to learn more.](#)

Resource #2: My Health Rewards by Medica®

Complete a Journey and get on the path to better health! Sign in to your My Health Rewards account, go to the *Health* tab and choose *Journeys* to get started.

- Beat Lower Back Pain
- Ease Arthritic Pain
- Move Better with Arthritis
- Repetitive Strain Injuries