



**IMPORTANT  
INFORMATION  
for  
SOONERCARE CHOICE  
MEMBERS**

Your doctor will give you a phone number you can call 24 hrs a day, 7 days a week.

Call that number before you go to the ER if you are experiencing an urgent matter.



**CONTACT YOUR DOCTOR IMMEDIATELY**

if your back pain is:

- Accompanied by fever, nausea, vomiting, abdominal pain, weakness or sweating.
- Accompanied by loss of bowel or bladder control.
- Following a fall, blow to your back or other injury that results in extreme pain or loss of body functions.
- Accompanied by a throbbing (pulsation) in the abdomen.

**Contact your doctor to make an appointment if you have these symptoms:**

- Back pain so bad you can't move around well during the day or sleep at night.
- Back pain radiates down your leg and below your knee.
- Back pain and numbness in your leg, foot, groin or rectal area.
- Back pain and unexplained weight loss.
- Back pain and a history of osteoporosis or cancer.
- Back pain and a history of taking steroid medications, IV drugs or substance abuse.



**Things you can do to help manage back pain:**

- Rest your back for about 48 hours.
- Apply ice or heat. Experiment and see what helps you the most.
- Take over the counter pain relievers such as acetaminophen (Tylenol), NSAIDS, or non-steroidal anti-inflammatory drugs such as ibuprofen (Advil), or naproxen (Aleve). BE SURE TO FOLLOW THE LABEL'S RECOMMENDED DOSAGES.
- Do not give medications containing aspirin to a child younger than 18 years old.
- Use topical creams and gels such as Aspercreme, Bengay, Icy Hot or Zostrix.
- Exercise. If you have had physical therapy in the past and know what to do, then start with a gentle exercise program. If you're not sure which exercises to do, talk with your doctor.

**REMEMBER: Go to the Emergency Room only if:**

- Your doctor directs you to do so.
- or-
- Due to unusual circumstances beyond your control, you cannot reach your doctor AND your symptoms match those listed in the CONTACT YOUR DOCTOR IMMEDIATELY section.



**Central Communities Health Access Network**

**P.O. Box 850592  
Yukon, OK 73085**

**<http://cc-han.com>**