



MANAGE PAIN WITHOUT PRESCRIPTION PILLS

ASK
FOR THE
ALTERNATIVES

Talk with your healthcare provider about at-home pain management.

Long-term management of chronic pain doesn't have to involve prescription opioids or other medications. Many alternative treatments can be done right from your home—all with no risk of drug dependency and little to no cost.

Know Your Alternatives

- Stretching
- Meditation
- Yoga
- Weight loss

Learn more and explore other treatments at [AskForAlternatives.com](https://www.AskForAlternatives.com)

A PROGRAM OF