



6. Do you smoke or use other forms of tobacco?  Yes  No
7. How many days of work did you miss last year due to your back pain?  
 0 days  1-3 days  4-5 days  More than 5 days  Not working
8. How many days a week do you exercise for at least 30 minutes without stopping (example: walking, cycling, swimming — include taking stairs, etc.)?  
 0 days  1 day a week  3 days a week  5 days a week  Every day
9. Have you gone to a hospital or emergency room for your back pain in the past year?  
 Yes  No  I don't know

We are very interested in providing you with information regarding back health. Please list below any topics that you would like to see included in the Low Back Pain Education Program materials.

---



---



---

The Low Back Pain Education Program is for health education purposes only. We do not offer medical advice or medical services. Members always should consult their treating physician(s) for any medical advice or services. The member is responsible for selecting providers, services or products. **All referenced health services may not be covered under a health plan. Please check the terms of your health plan or insurance policy for coverage of services.** Information furnished by a member is kept strictly confidential and only used to provide information necessary for participation in or analysis of the Low Back Pain Education Program.

**By my signature**, I hereby indicate my decision to enroll in the Low Back Pain Education Program. I understand that there is no cost to me or my family for this program. I further authorize Arkansas Blue Cross and Blue Shield, Health Advantage and Blue Advantage to release my name and address for the purpose of my participation in mailings from the Low Back Pain Education Program. My information will not be furnished to third parties to include in shared mailing lists with other companies or organizations.

Signature (required): \_\_\_\_\_ Date: \_\_\_\_\_

# Welcome to the program!



**Arkansas  
BlueCross BlueShield**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[arkansasbluecross.com](http://arkansasbluecross.com)



**Health Advantage**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[healthadvantage-hmo.com](http://healthadvantage-hmo.com)



**BlueAdvantage  
Administrators of Arkansas**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[blueadvantagearkansas.com](http://blueadvantagearkansas.com)