

How can I make an appointment?

Call **952-967-7992** to schedule an appointment. Ask to see someone specializing in pain management. If your doctor suggested you call, please provide their name so we can be sure to coordinate your care.

At your first appointment

We will meet with you for about 50 minutes. During that time we will:

- Review why we are meeting
- Examine the impact of pain and injury on your life and what you have been doing to manage it
- Review your personal history to help us understand who you are.
- Create a plan regarding how we will work together to restore functioning and manage your pain.

Behavioral Health Pain Management

Resource Team

*Pain may be inevitable...
but suffering is not.*



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“They’ll think the pain is all in my head.”

Absolutely not! We know your pain is real. Both your medical provider and Behavioral Health Pain Resource Team take pain seriously!

Our belief about pain

Pain is neither only in the head nor only in the body. Everything that happens physically in the body affects our mood and how we think affects our body’s reaction to pain.

Pain is not an entity like a finger; it is an electric impulse that is read by the brain. Our brains can read pain either “louder” or “softer,” depending on many variables. For example, when we are frightened or angry, we may feel more pain and when we are very happy or excited we may feel less pain.

Our sensitivity to pain is also affected by competing stimuli in the brain. For example, pain may be less intense while we are doing something pleasant or important and more intense at night when our brain is less occupied.

Behavioral Health Pain Management Resource Team

We will help you learn how to use your brain capacity to read pain louder or softer at your will so it will bother you less.

We work as an integrated team of professionals: psychologists, social workers and physicians. This ensures you receive the very best of care.

We will work closely with you, your medical care team and possibly your family and employer to make adjustments which support your return to functioning. We can help you identify and achieve personal goals, improve functioning and reduce suffering.

We can help you

- Identify and achieve personal goals
- Improve functioning
- Reduce suffering

Tools and methods

- Biofeedback
- Hypnosis
- Guided imagery
- Cognitive behavioral therapy
- Relaxation training
- Stress management
- Psychopharmacology

Consultation

If needed, consultations with specialized Behavioral Health Services can be arranged with:

- Chemical Health
- Marriage and Family Therapy
- Psychiatry
- Psychological testing

Coverage information

Our services are covered by most insurance. Copays are usually the same as they are for other aspects of your medical care. To be sure, call the Member Services number on the back of your insurance card.