

Have Arthritis? Stay Active.

Exercise is crucial for increasing flexibility, reducing joint pain, and combatting fatigue.

Talk with your doctor or a health professional* about what types of exercise are best for you.

Protect your joints. Try heat before exercise to relax joints and ice after, to reduce swelling.

Take your medicines when and how you are supposed to. They can help reduce pain and stiffness.

Make exercise a daily routine. A daily walk, or other type of exercise, can improve your joints and your overall health.

*The **UT SELECT Condition Management Program** is available free of charge to provide personalized self-management planning and assistance with treatment options.



Call 1-800-462-3275 or visit www.livingwell.utsystem.edu/myhealth.htm to learn more and start receiving personalized **condition management** assistance.

*This benefit is available to all UT SELECT Medical Plan members:
Employees, dependents, retirees, surviving spouses, and COBRA participants.*