

Stay Active in May for Physical and Mental Health

Staying active can improve your health in many ways! Being active can include exercise, stretching, spending time outdoors, participating in physical work and much more. As the weather changes in May, we can find relief in both physical and mental health by going outside and getting active!

Pain can cause a number of problems that can lead to worsening physical and mental health. Pain can cause trouble sleeping, difficulty with daily activities and can lead to stress, anxiety, and depression.¹

Be sure to address both your physical and mental health concerns. Depression can cause pain symptoms and pain can cause depression symptoms. Speaking to a professional can help prioritize which is the cause and which is the effect. Need help finding the appropriate provider? Contact the Health Engagement Nurses featured below for help!

Have you heard of Kaia for members of AFSCME 2191, CWA and HACP/MCP?

Kaia offers members personalized pain relief virtually at no extra cost. This program offers:

- On-demand pain relief care
- Tailored workouts
- Bite-sized lessons
- 1-on-1 health coaching
- Strengthening exercise plus relaxation techniques for pain management²

Members of AFSCME 2191, CWA and HACP/MCP can download the Kaia app today to address your stiff neck, aching shoulders, back pain and more!

For real-time
feedback while
you exercise



¹ [Pain and depression: Is there a link? - Mayo Clinic](#)

² [UnitedHealthcare Members | Pain relief with Kaia \(kaihealth.com\)](#)



Health Engagement Nurses Wendy & Whitney – We are available to help you and your family make better health care decisions, refer you to appropriate wellness and clinical programs, and demonstrate how to navigate UnitedHealthcare tools and resources. Do you need a Primary Care Physician? Contact the Health Engagement Nurses for more information!

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