



## BONCAP – BACK AND NECK PAIN MANAGEMENT PROGRAMME

### Time to free yourself from back pain

Bonitas in partnership with Back Wellbeing, now offers BonCap members a multidisciplinary, evidence-based programme to manage and treat back pain in 3 easy steps!

# 1

#### Step 1:

Call **0861 239 333** and speak to a dedicated agent to assess if you qualify to participate in the programme.

# 2

#### Step 2:

A network GP and Physiotherapist will be assigned to examine you and put a treatment plan in place. After six (6) weeks, your progress will be assessed, and you may be referred to a network pain practitioner.

# 3

#### Step 3:

Further non-invasive interventions may then become available to you.

For more information, call **0861 239 333** or email **boncapback@pha.co.za**.