

ConnectedCare

Smarter Care. Designed Around You.



HENRY
FORD
HEALTH®



Fall 2025

Back Health and Pain Management

Most people experience back pain at some point, whether from lifting, overexertion or even sneezing. While often disruptive, most cases improve with time and care.

Managing pain at home

Most back pain can be managed without medical intervention. Simple self-care steps include:

- Apply ice to sore or stiff areas.
- Take over-the-counter medicine such as acetaminophen or ibuprofen.
- Use a lidocaine patch to reduce discomfort.
- Do light stretches to prevent stiffness.
- Rest but avoid long periods of inactivity.

Seek care if pain lasts more than a few days or radiates to the legs.

Provider care

Back pain often requires broad treatment since many muscles, tendons and joints may be involved. Your provider might recommend physical therapy, muscle relaxers, joint injections or short-term pain medicine. Most symptoms improve in two to six weeks.

GM's salaried medical plan also offers virtual physical therapy through Hinge Health, available at no cost to active employees, retirees, and their dependents age 18 and older residing in the U.S. and who are enrolled in the U.S. Salaried Medical Plan. Hinge Health provides personalized care plans to support musculoskeletal health, including back, muscle, joint and pelvic floor conditions. Learn more at hinge.health/gm-join.

Imaging, such as an MRI or X-ray, is used only if symptoms suggest a more serious concern, such as numbness, leg weakness, or bowel or bladder problems. In rare cases, surgery may be needed to relieve nerve pressure.

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Preventing future back pain

Healthy habits can reduce your risk:

- Practice safe lifting techniques.
- Exercise regularly to strengthen core muscles.
- Maintain a healthy weight.
- Wear supportive shoes and avoid prolonged sitting.
- Stretch before and after physical activity.

Protecting your back now helps you stay active and lowers the risk of long-term issues.

Follow up with your Level 1 primary care provider if pain lingers or worsens.

Importance of Annual Physicals



It's easy to put off your yearly checkup when you feel healthy. But an annual physical is one of the most important steps you can take to protect your long-term health. These visits are designed to help prevent problems before they start. Your GM Health Plan covers some preventive care services at little or no out-of-pocket cost when you choose a Level 1 in-network provider.

Know your risk factors

Many people feel well but have risk factors they don't realize. Routine blood tests, blood pressure checks and physical exams can reveal early signs of conditions such as heart disease and diabetes. Identifying risks early allows you and your provider to take steps that may prevent future illness.

Stay current on cancer screenings

Cancer screenings can detect cancers or pre-cancers early, when treatment is often easier and more successful. Your provider will recommend screenings based on your age, medical history and personal risk factors.

Share your family history

Tell your provider about your family's health history. Even without a history of chronic conditions, you may still face risks. Because many diseases develop without a family connection, preventive care is important for everyone.

Keep vaccines up to date

Annual vaccines can prevent illness and reduce the risk of hospitalization. Your provider can review your vaccine record and make sure you're protected.

Catch subtle symptoms

It's easy to ignore problems like frequent headaches, poor sleep or ongoing fatigue. Your provider can help identify whether these issues point to something more serious.

Support mental health

Good health is not just physical. Your provider can screen for depression, anxiety and other concerns and connect you with resources. Annual visits are also an opportunity to talk openly about substance use or stress in a safe, supportive setting.

Connect to community resources

Your provider can link you to support services for food, housing, transportation and other needs that affect your well-being. Case managers and social workers often partner with providers to help patients access these resources.

Invest in your health

An annual physical creates a record of your health over time, making it easier to spot changes early. These visits are a chance to address concerns, review preventive screenings and plan for a healthier future.

Make your health a priority: Schedule your annual physical with your Level 1 primary care provider.

5 Reasons to Get Your Annual Physical

- Spot risks early
- Stay current on cancer screenings
- Update vaccines
- Address everyday symptoms
- Support total health

Schedule your annual checkup through MyChart.

Sleep and Your Health



Sleep is essential for overall health, influencing everything from mood and concentration to memory and energy levels. While occasional poor sleep is normal, chronic sleep deprivation can have serious health consequences.

Impact of poor sleep on health

Sleep is crucial for restoring and maintaining good health. When you don't get enough rest, it can affect various aspects of your well-being. Chronic sleep deprivation has been linked to a range of health problems, including:

- **Mental health issues:** Poor sleep can contribute to mood swings, anxiety and depression.
- **Cognitive decline:** Insufficient sleep can impair memory, concentration and decision-making.
- **Weakened immune system:** Lack of sleep can make you more susceptible to illness.
- **Increased risk of chronic conditions:** Sleep deprivation is linked to higher risks of heart disease, diabetes and high blood pressure.
- **Weight gain:** Poor sleep can interfere with hormones that control hunger, leading to overeating and weight gain.
- **Reduced life expectancy:** Long-term sleep problems can affect longevity by contributing to various health conditions.

Tips to improve your sleep

If you're struggling with sleep, consider these strategies:

- **Stick to a consistent routine:** Go to bed and wake up at the same time every day.
- **Eat regular meals:** Avoid heavy meals close to bedtime.
- **Exercise early:** Be active during the day, not late at night.
- **Limit alcohol:** Skip nightcaps that disrupt deep sleep.
- **Watch caffeine use:** Avoid caffeine after 2 p.m. to prevent interference with sleep.
- **Keep naps short:** Rest 20–30 minutes and avoid napping late in the day.
- **Dim lights:** Lower light exposure before bed to support your natural sleep cycle.
- **Control stimulus:** Leave the bedroom if you wake up; return once sleepy.

Consult Your Doctor

If sleep problems persist, it may be time to consult your provider, especially if sleep apnea or insomnia is suspected. Avoid relying on sleep medications or supplements without professional guidance, as they may have unintended effects.

Prioritizing healthy sleep is key to maintaining good overall health.

Talk to your Level 1 primary care provider for personalized advice if your sleep habits are impacting your daily life.



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Resources to Remember

Henry Ford GM ConnectedCare Concierge Team 844.436.7637

Available Monday-Friday 7:30 a.m.-5:30 p.m. to help you find a provider or schedule an appointment.

Henry Ford MyCare Advice Line 833.262.1949

Staffed by nurses and supported by a physician on-call 24/7 for adult and pediatric medical advice, you have access to immediate guidance for unexpected health concerns at no cost.

HenryFord.com/MyChart

The Henry Ford MyChart online tool gives you access to your medical records, test results, a way to communicate with your provider and schedule/conduct virtual visits. Sign up with your 8-digit medical record number (MRN). If you don't know your MRN, call the Concierge team at (844) 436-7637.

Learn more at www.henryford.com/gm.

