



Helping people with chronic pain better manage their lives

Introducing an online program that helps you manage your pain

painACTION.com shows you how to manage chronic pain – step by step.



Learn from people who understand chronic pain

painACTION.com offers pain management information from pain experts and people like you.

Get the most from your medical care

painACTION.com helps you prepare for medical visits and manage your medications safely.

Learn skills to help you manage your chronic pain

painACTION.com's "how to" lessons teach you skills based on the latest research.

Accomplish your pain management goals

painACTION.com's daily tracker helps you monitor your progress and receive feedback about how to function at your best each day.

Register at www.painACTION.com today to learn more about migraine, cancer, and back pain management.