



WebCare FOR BACK PAIN

member TIP SHEET

TRY WEBCARE

A new online program developed by KP back care experts to help reduce your pain and strengthen your back. Use it often throughout the time your back is healing.

- Personalized daily recommendations based on your pain level and comfort.
- Short videos of Kaiser Permanente physical therapists demonstrating how to safely do back exercises.
- Periodic email reminders (if you'd like) to prompt you to check in with WebCare.
- WebCare library with valuable tips for managing your back pain while working, traveling, doing sports and other topics.

**TAKE GOOD CARE OF YOUR BACK.
GET BETTER SOON.**

WHAT DO YOU NEED?

You will need an email address and a computer with:

- Broadband Internet access
- Windows 2000, XP, Vista, or Mac OS X 10.5 ("Leopard")
- Internet Explorer 6.0 or above, Firefox 2 or above, or Safari 3 or above
- Adobe Acrobat 8 or above
- Flash Player 7 or above
- Minimum screen resolution of 1024x768

HOW TO GET STARTED

1. Go to your doctor's home page
 - o kp.org/mydoctor, enter his/her name and click on search.
2. On the home page, click on "WebCare" on the left navigation bar.*
3. You will be directed to the WebCare landing page. Bookmark this page or save it as a favorite in your browser.

GETTING HELP

Please email us at: webcare@kp.org.

If you email after 5 PM on Friday, we will respond on the next Monday.

Need help with getting an active password?

Talk with my Medical Assistant for help.

My Home Page

- Home
- Prepare for your Procedure (Enmi)
- Managing Your Headaches **Now!**
- Online Health Coach **Now!**
- **WebCare Now!**
- Chronic Conditions Management
- Complementary & Alternative Medicine Resources
- Frequently Asked Questions (FAQs)
- Health Information and Resources
- Health Literature

The Permanente Medical Group
Davis Liu, MD

Facility
[Roseville Medical Center](#)
Department of Medicine

Address
1001 Riverside Avenue
Roseville, CA 95678

Telephone
Appt/Advice: (916) 784-4050

[E-mail your doctor](#)

My Office Hours

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--------------------|--------------------|--------------------|--------------------|----------|
| | | 8:30 am 5:00 pm | 8:30 am 5:00 pm | 8:30 am 5:00 pm | 8:30 am 5:00 pm | |

Closed during lunch, 12:30 pm to 1:30 pm

* If you don't find the WebCare link on your physician's home page, you may access the application at kp.org/mydoctor/webcare.