

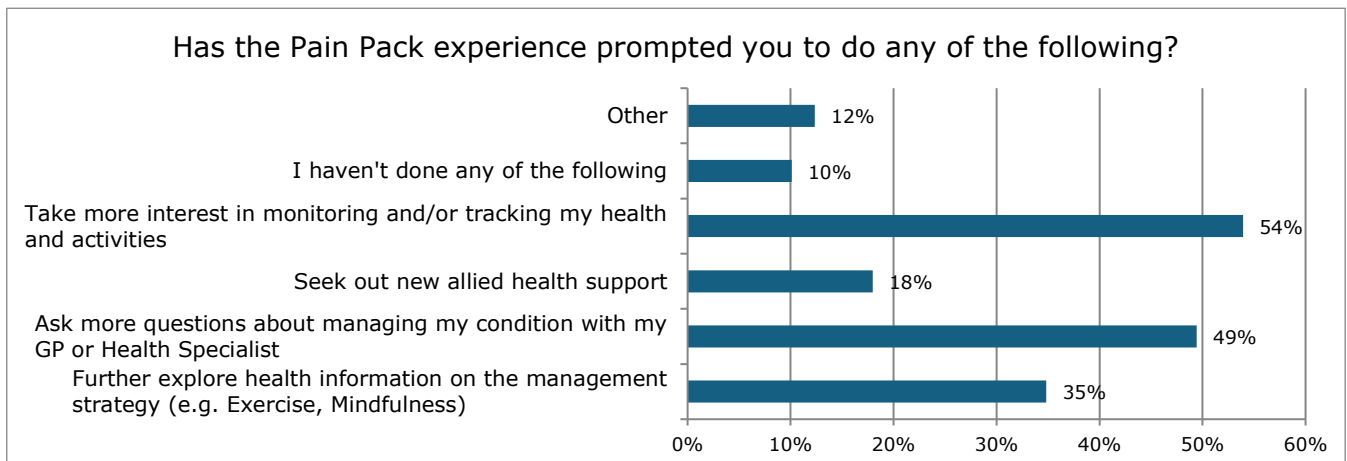
Pain Pack Outcomes

2-week survey results

- Participants felt positively about receiving the Pack, including feeling supported (60%), more knowledgeable (47%) curious to explore (42%), excited (41%) and/or motivated (38%).
- 55% of participants were presented with strategies they had not previously considered.
- Majority of participants improved their knowledge and understanding about the ways to manage chronic pain.

8-week survey results

- 65% of participants agreed that the Pack has made them believe that their pain can be changed.
- 76% of participants are engaging in multiple strategies several times a week.
- The Pack has also prompted participants to further explore and engage in their own healthcare.



6-month survey results

- 85% of participants have maintained strategies from the Pain Pack.
- Strategies most maintained were (1) Exercise (2) Pacing (3) Thermotherapy and (4) Diet change/weight management.
- 69% of participants have noticed positive changes in their health and wellbeing from maintaining these strategies.