

## **Pain Management**

Pain management can help you recover from injury or surgery and is important so that you can stay physically active throughout your life.

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Article

## **Talking With Your Doctor or Health Care Provider**

Clear and honest communication between you and your physician or health care team can help you both make informed choices about your health.

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[National Institutes of Health](#)

Links

## **Opioid Frequently Asked Questions (VDH)**

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[Opioid Frequently Asked Questions \(VDH\)](#)

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## **Disposal of Unused Medicines: What You Should Know (FDA)**

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[Disposal of Unused Medicines: What You Should Know \(FDA\)](#)

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## **Opioid Help and Resources (HHS)**

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[Opioid Help and Resources \(HHS\)](#)

Links

## **CDC Opioid Information for Patients**

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[CDC Opioid Information for Patients](#)

Links

## **Non-Opioid Treatment (American Society of Anesthesiologists)**

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[Non-Opioid Treatment \(American Society of Anesthesiologists\)](#)

Apps

## **MyTherapy: Medication Reminder**

MyTherapy is a pill reminder and medication tracker that also helps you manage your medications and track symptoms all in one place.

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[MyTherapy: Medication Reminder](#)

Apps

## **MediSafe**

MediSafe is a comprehensive medication management tool with pill and medicine reminders and tracking, drug-to-drug interactions, and refill alerts.

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[MediSafe](#)

Apps

## [Drugs.com Medication Guide](#)

Drugs.com provides a medication guide including A-Z drug search, pill identifier, interactions and a convenient way to set up medication records.

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[Drugs.com Medication Guide](#)

Books & Guides

## [Live Healthy Live Smart: A guide to smart, safe prescription use and savings](#)

FamilyWize's Live Healthy Live Smart guide provides information on smart, safe prescription use and savings.

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[FamilyWize](#)

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