



# Learning *curve*

## Smart habits for a healthy back

Your back supports your body in every activity you do throughout the day and night. All those activities, even sleeping, pose risks to the health and alignment of your spine. There are simple habits you can learn to support your back's natural curves, contribute to proper alignment and lower your risk for back pain, injury and other associated health concerns.

For additional resources or to find a doctor in your area, log in to your [health plan's website](#).



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