

1 in 5 people have chronic pain. Are you one of them?

A new clinically-proven treatment is now covered for Anthem Blue Cross and Blue Shield members in Maine, available by telehealth.



Lin Health Medical Group is a specialty medical practice offering a new clinically-proven treatment for **chronic pain**.

The treatment is built on an **evidence-based approach to managing chronic pain** that addresses the cognitive, emotional, and behavioral patterns affecting the experience of pain and other uncomfortable symptoms.

Lin Health's care model includes **one-on-one pain recovery coaching** and integrative support with medical oversight.

This low-risk form of chronic pain treatment provides a safe **alternative to opioid medication or surgery**, offering better pain relief and more accessible and effective care.

How Lin Health works



Meet with a doctor to see if Lin is right for you



Get matched with a pain recovery coach



Schedule coaching sessions for the month



You don't have to be in pain

- ✔ 9 out of 10 people say they feel an improved quality of life
- ✔ Get ongoing support whenever you need it most
- ✔ Start living your life again with less fear and less pain

Try Lin Health's new pain recovery care today

Call (207) 405-0901 / Visit www.lin.health/anthem-me



“

I got paired with Coach Heidi, who I absolutely love. We had weekly meetings where we discussed my pain and the fear surrounding it. She helped me gradually get back into everything I had stopped doing.

I recommended it to my husband, Rhett, who has had chronic back pain for 40 years. He got paired with coach Tim, and he's a whole new person since he's started.

Our lives are in such a better place now. We're able to go on walks together now and don't take a single step for granted.

Mitzi Bockmann Cushing, Maine



Find real relief from chronic pain, finally.



Personalized ongoing
1:1 support

92%

of Lin Health's patients
report improvement



Excellent 4.9 out of 5
★ Trustpilot

**Covered by Anthem Blue Cross and Blue Shield in Maine so
you only pay 1 co-pay per month**

Consider Lin for the following conditions:

- ✓ Pelvic Pain
- ✓ Fibromyalgia
- ✓ Migraines
- ✓ Joint Pain
- ✓ Back Pain
- ✓ Frozen Shoulder
- ✓ Chronic Tendonitis
- ✓ Strain Injury
- ✓ IBS
- ✓ CRPS
- ✓ POTS
- ✓ TMJ
- ✓ Neck Pain
- ✓ Plantar Fasciitis
- ✓ Sciatica
- ✓ And more...

Try Lin Health's pain recovery program today



Scan the QR code
Call (207) 405-0901