

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 \(HHS\)](#)

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CDC Opioid Information for Patients

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[CDC Opioid Information for Patients](#)

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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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