

**YOU ARE NOT ALONE.**

1 in 5 British Columbians  
lives with chronic pain  
every single day.



Live Plan Be is the work of Pain BC, a registered charity whose mission is to enhance the well-being of all people living with pain through empowerment, care, education and innovation.

**GET STARTED WITH LIVE PLAN BE**

- ✓ It's free
- ✓ It's easy to use
- ✓ It's online, so you can access it anywhere at any time
- ✓ You can trust the information on this site—all articles are based on the latest information provided by experts
- ✓ Your personal information is kept safe and private

**MANAGE PAIN, YOUR WAY.**

We know your pain is real.  
We know every day  
can be a challenge.

**QUESTIONS?**  
Contact us at  
**info@liveplanbe.ca**

Live Plan Be is a powerful online self-management tool designed to help you take charge of your life and your pain.

**liveplanbe.ca**



Visit [liveplanbe.ca](https://liveplanbe.ca) today to sign up and start managing your pain, your way.



## TAKE AN ACTIVE APPROACH TO MANAGING YOUR PAIN.

There isn't a doctor or medication in the world that can fix all aspects of chronic pain. The good news is that you can take control of your life and your pain outside the doctor's office.

## THERE'S NO ONE-SIZE-FITS-ALL SOLUTION TO MANAGING CHRONIC PAIN

What works at one stage in your journey with pain might not work at another stage. That's why Live Plan Be is designed to meet you where you're at. It's flexible, easy to use, and self-paced, so you choose what to focus on as your pain and your needs change.

Research shows that getting involved in managing your pain can have a big impact on your quality of life. Self-management refers to the skills and behaviours that can help you live well with your chronic condition. Self-management doesn't replace physical therapies, medication, and psychological support, but it's a big part of feeling better.

## LIVE PLAN BE HELPS YOU...



Learn about the science behind chronic pain.



Keep track of your symptoms and their impacts.



Develop a plan for better pain management and quality of life.

“Live Plan Be is something that is unique that isn't out there. It gives you a feeling of ownership. This is for me, this is my plan. I like having a place to go to manage my pain.”

— Angela, Internal Disc Disruption