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CASE STUDY

Kim had been very stressed for three weeks and developed back pain. She worked in a high-pressure environment and explained to the doctor that she started to feel back pain daily and found sleeping difficult.



Name: Kim

Age: 44

Location: Myanmar



She was mobile and able to move around normally and had no other symptoms. The doctor diagnosed her with back pain and stress anxiety and recommended that she seek physical therapy for her back, have regular breaks from her desk during the day, and take painkillers for the back pain. Concerning her stress anxiety, she was advised to continue the therapy she was receiving through a psychologist, as this would help her to learn coping and relaxation techniques. Kim was encouraged to contact the service again if she had any further queries or concerns.

"Doctor was patient, professional, and understanding." - Kim



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