

Dear [Patient Name],

We'd like to share a helpful resource for learning and strengthening pain management skills. The I-Engage Academy is a page that offers free, accessible content that aims to help chronic pain patients become more engaged in their care.

On this page, you can find:

- eLearning courses
- Follow-along videos
- A chronic pain blog

The eLearning courses teach several approaches to pain management, from a holistic lens. The courses currently offered focus on Sleep, Nutrition, CBT, and Self-Care. The video library shares meditation, stretching, and yoga videos. Lastly, the chronic pain blog shares short articles on various topics related to pain, from brain fog to the science of pain.

If you are interested in adding more pain management strategies into your toolbox, this page may be helpful for you.

You can access the I-Engage Academy here: <https://www.intronixtech.com/i-engage-academy/>

Take care,

[Your medical team]