



Date: [Date]

From: Kaiser Permanente
[Location] Medical Office

To: [Member Name]

Many people live with pain. We want to help. Your health care provider, along with others at Kaiser Permanente, are working together to find better ways to help manage pain and coordinate the services available to members.

We are inviting a group of members from your Kaiser Permanente medical office to take part in **PPACT**, the Pain Program for Active Coping and Training. PPACT is a joint effort from your Kaiser Permanente health care team and the Kaiser Permanente Center for Health Research.

Someone from the PPACT team might call you soon with more information. There are limited spaces in this program so not everyone receiving this letter will be called about participating.

First, we'd like to tell you a little about this important program, which is offered at no cost to you.

For members who participate in PPACT, we will check in with them every few months during the next year to ask some brief questions about their pain and functioning. Some members may receive additional coordinated services for pain management, including a personal health evaluation and coaching sessions over the next five months. Some questions on the health evaluation may be sensitive, you would not have to answer anything that is uncomfortable for you. We will use the health evaluation to create a care plan and set goals that are important to each member. The coaching

sessions will include small group meetings and one-on-one meetings with the PPACT team.

Because this is a new way of organizing services, we want to evaluate its success. Members of the PPACT team (staff from your Kaiser Permanente medical office) have partnered with the Kaiser Permanente Center for Health Research and other national pain experts to develop the program and conduct some additional research analysis with the information collected so that the team can measure how it is working. The information we collect will be kept confidential, seen only by your health care team and staff involved with PPACT. As with any use of your health information, there is a slight risk that someone other than these providers will see your information, however we make every possible effort to prevent this.

The PPACT team is made up of Kaiser Permanente staff with experience in helping people make changes. The program includes different approaches that are used to manage pain. This new program is supported by research funding from the National Institutes of Health.

As with many services, there are risks and benefits and also other alternatives to care. Please ask your provider to review your personal risks and potential benefits, so that you can decide together if participating in PPACT is right for you. Whether you participate or not you will continue to have access to services available to you as a Kaiser Permanente member.

Participation in PPACT is completely voluntary. If you choose not to participate, it will not affect your health care in any way. If you prefer no further contact about PPACT, please call us at

503-335-6656 or 1-877-842-9580 (toll-free)

Pain is a common problem that affects many people's lives, but we believe there are good solutions. Thank you for considering taking part in this important program.

Sincerely,

Provider Name
KPNW Physician

Lynn DeBar, PhD, MPH
Principal Investigator

Recipient Name
Street Address
City, State, Zip