



CAREWISE®

Helping You Make Wise Health Care Decisions

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1-888-318-9473

## Is life giving you a headache?

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Many things can cause tension headache pain. Most of them have to do with emotional or physical stress. Traffic snarls. Constant noise. Poor posture. Tension headaches can last minutes or days. Few people *never* get one.

Tension headache pain is generally dull and continuous, with fluctuations in intensity. It may feel like a “band around your head.” For *occasional* tension headaches, an over-the-counter pain medication can provide short-term pain relief. Or try a short nap, a hot bath or some gentle stretches.

For long-term relief, identify what makes you tense. Then find a way to manage it. That may mean getting regular exercise, catching more sleep or resolving personal conflicts. Call **CareWise®** to try to confirm if your headache really is related to tension. If so, a nurse can give you more tips for stopping a tension headache in its tracks—and preventing the next one from happening. Call toll-free today, **1-888-318-9473**, and request the free brochure, “Tension-type headaches.”