



# The do's and don'ts of good posture

Small changes can help prevent or reduce back pain

Good posture can help your back and joints stay pain free.\* Whether you're at home, at work, or in a vehicle, these tips can help you protect your back and reduce your risk of injury.

## Working at home or an office — correct sitting position



### Do's

- Sit with your back straight and your shoulders back.
- Bend your knees at a right angle, even with your hips. Use a footrest or stool if needed.
- Distribute your body weight evenly on both hips.
- Keep your feet flat on the floor.



### Don'ts

- Avoid sitting in the same position for more than 30 minutes.
- Try not to cross your legs.

If you sit while you work, rest your elbows and arms on your chair or desk. Keep your shoulders relaxed and your elbows at about a **90-degree bend.**

## Life in motion — correct driving position



### Do's

- Adjust the seat height so your hips are level with your knees.
- Keep your arms relaxed.
- For extra support, place a lumbar roll at the curve of your back.



### Don'ts

- Avoid tightly gripping the steering wheel.
- Don't sit too close to the steering wheel.

Sitting **10 inches** away from the steering wheel helps prevent airbag injuries if you're in an accident.

## Hard at work — correct lifting position



### Do's

- Stand with a wide stance, close to the object you're trying to pick up.
- Keep your back straight and bend at your knees and hips.
- Keep your feet firm on the ground.
- Tighten your stomach muscles and lift the object using your leg muscles, straightening your knees in a steady motion.



### Don'ts

- Do not bend forward at the waist with your knees straight, and do not twist your body while lifting.
- Avoid lifting heavy objects above waist level.

If you have back pain, **talk with your doctor** for help planning the right course of treatment.

## We have your back

If you have questions about your health plan benefits or need help finding care, call an Anthem Health Guide at **844-516-0249**, Monday through Friday, 24 hours a day, 7 days a week. You can also visit [anthem.com/find-care](https://www.anthem.com/find-care) or use the Live Chat feature on the Sydney<sup>SM</sup> Health app.

\* Cleveland Clinic: Back Health and Posture (accessed June 2022); clevelandclinic.org.

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