



Warning Signs for Prevention of Low Back Pain

MIIA Webinar Buffet for February

Available February 1st through February 28th

Do you experience joint stiffness but ignore it and hope it will go away? Would you like to prevent low back pain before it starts? This 6-minute webinar helps identify your stiffness and underlying conditions before they hinder your daily activities. Demonstrations and tips to prevent stiffness from becoming pain in the future are included.

Register today at [MIIAWinners.org](https://www.miiawinners.org)

See page 2 for complete registration instructions

Each Month You Must:

- Log in to [MIIAWinners.org](https://www.miiawinners.org) and watch the entire webinar (usually less than 15 minutes each)
- Answer the quiz questions after each webinar - you don't have to get them correct.
- Leave a comment about your biggest take-away from the webinar.
- Complete the above before the end of the month - no back-tracking!

MIIA Webinar Buffet



Complete 7 of 12 monthly webinars (Sept. '22 to Aug. '23), answer the quiz questions and comment on your take-aways to earn a \$50 gift card!

Only MIIA/BCBS subscribers are eligible for a gift card.

To participate in the 2022-2023 Webinar Buffet You must register*

*Participation in a previous Webinar Buffet program does not automatically enroll you in this program. Please follow the steps below to register.

1. Go to www.miiawinners.org

2. If you have a MIIA Winners account:

Log in first, then scroll to "Register for an Online Program" and follow instructions to enroll in this program.

If you DON'T have a MIIA Winners account:

Use the "Proceed to Registration" button on the MIIAWinners home page.

3. Enter the Registration Code: BUFFET22-23 (case sensitive)

4. Fill out the registration form.

5. Once you have registered, you may access the program.