



The [NAM Action Collaborative on Countering the U.S. Opioid Epidemic Chronic Pain Journey Map](#) is a person-centered interactive tool consisting of five sections that explore key stages of the chronic pain management journey from the perspective of those living with pain. Use this guide to engage with the map and resources. For more, please visit: nam.edu/chronic-pain-journey-map

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| | <p>Launching the Journey Map will direct you to a screen depicting the full journey map. Each of the five sections highlights what works for individuals living with pain, as well as common challenges and specific actions that can be taken by clinicians, payers, health systems, and community organizations to improve chronic pain care. Helpful resources are embedded throughout the journey map.</p> |
| | <p>Click the Start button at the top right corner to explore each of the sections of the journey map in depth.</p> |
| | <p>At the top right of each section of a map, you'll find two useful icons.</p> <p>By clicking the video camera, you'll be see an instructional video appear in the pop-up window to help you visually navigate the Journey Map. Once you have finished viewing the video, you can click "Close" on the pop-up window.</p> <p>By clicking the PDF icon, you'll be able to download a printable version of the Journey Map.</p> |

Along the bottom of the journey map, you'll be able to access a navigation bar that allows you to quickly move between different sections of the map.

The purple circle will direct you back to the Start screen and the blue circle indicates what section of the map you are currently on.

You can also navigate the map by clicking the arrows on the left and right of the map to go back and move forward, respectively.

