



OKLAHOMA  
COUNTY



LUCID LANE

Dear Employees,

Based on your upcoming surgery, we at Oklahoma County recommend that you participate in Lucid Lane's surgery pain management program. Oklahoma County has partnered with Lucid Lane to provide a comprehensive approach to managing your pain and wellness throughout your surgical journey. Their services are personalized for you to help minimize your pain and stress levels in order to improve your surgical outcomes. All services are confidential and private.

Lucid Lane's program will offer 3-6 individual telehealth sessions with a compassionate and dedicated licensed counselor, primarily using evidence-based CBT (cognitive behavioral therapy) to help control your pain. With you at the center, you will be given clinical tools for your surgery through education and expectation-setting for surgical pain & post-surgery pain. Their treatment modalities have been shown to help reduce pain by up to 30%, while improving your emotional well-being, as well as your long term ability to recover after surgery.

**All services are 100% covered with no cost to the member!**

To learn more about Lucid Lane services please call 1-866-274-9962 or email [ok-county@lucidlane.com](mailto:ok-county@lucidlane.com).



<https://lucidlane.com/ok-county/>