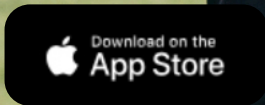


painaustralia

KaHo! - an app to
support consumers
to self manage their
chronic pain



painaustralia

Our app

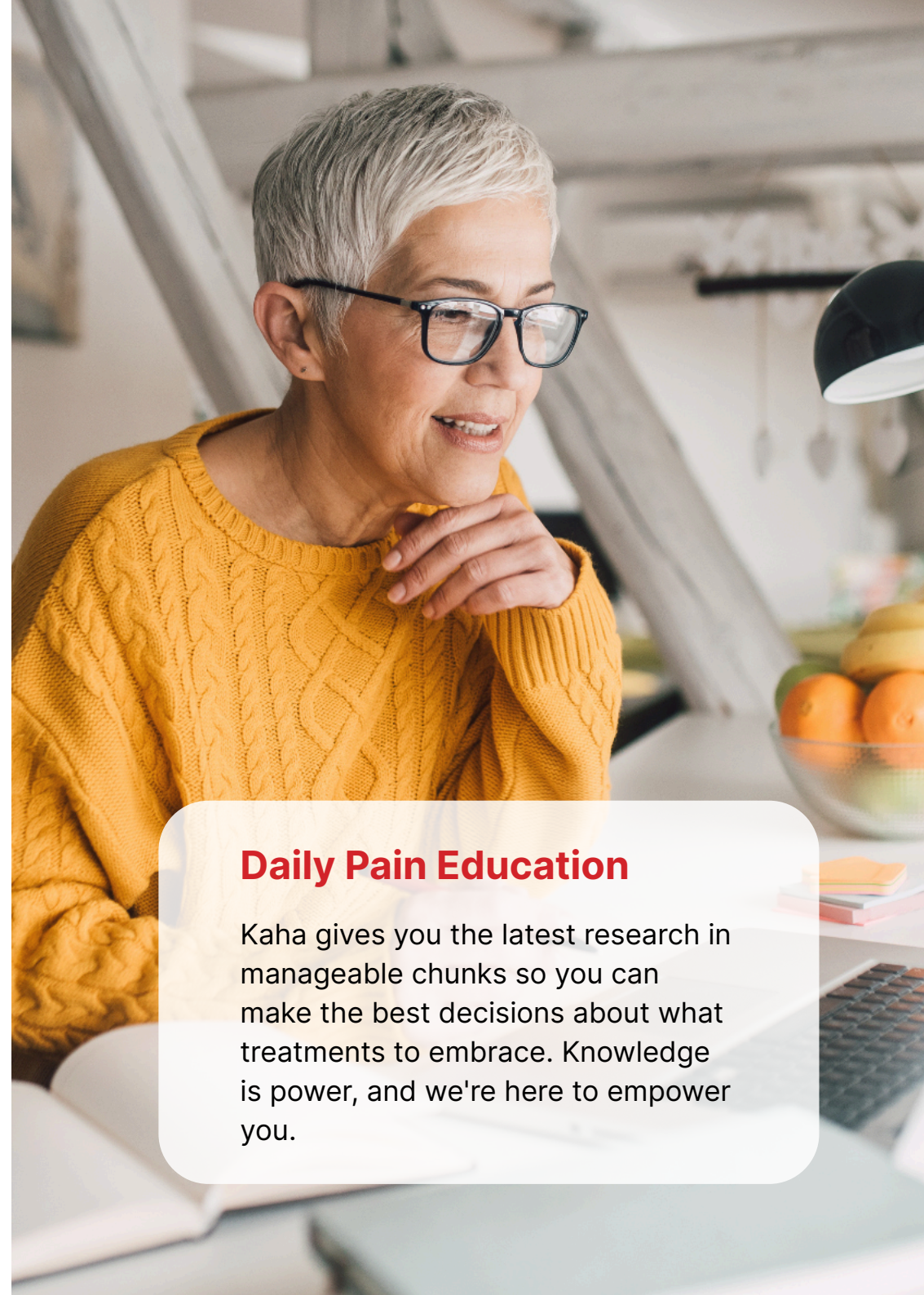
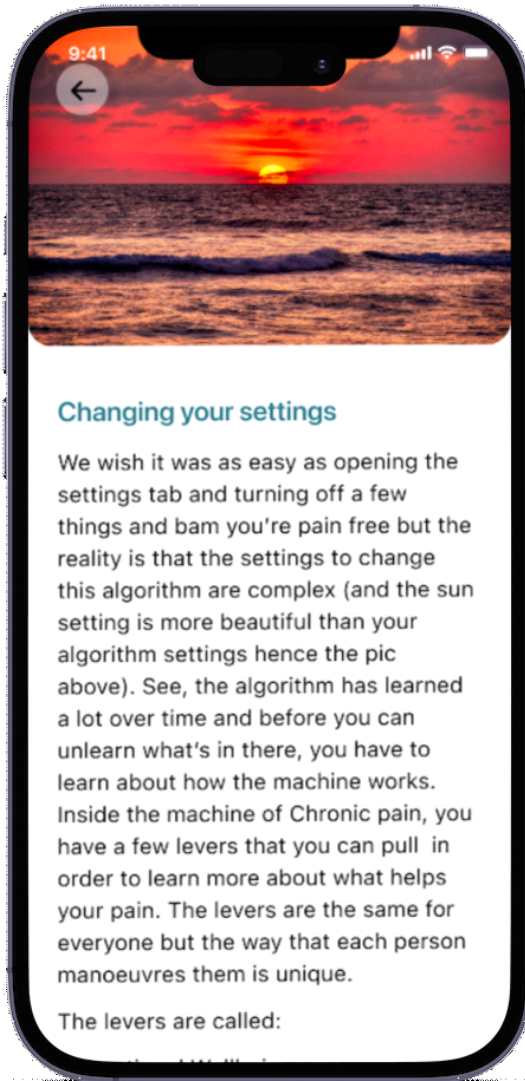
Painaustralia is proud to join with Kaha Health to provide an app designed by and for people living with chronic pain. Kaha the app is intended to support you to understand and self-manage your pain while providing some useful tips and even some humour to enable you to embrace life and do all those everyday activities that are at times can be so difficult due to your pain.

At Paina Australia we want to be able to support you to be able to self-manage and understand your pain to the best of your ability and we want this app to be a tool to provide you with the knowledge to do just that.

The app has been co-designed and tested by members of Paina Australia's Consumer Advisory Group, by consumers with chronic pain, pain specialists, and allied health professionals.

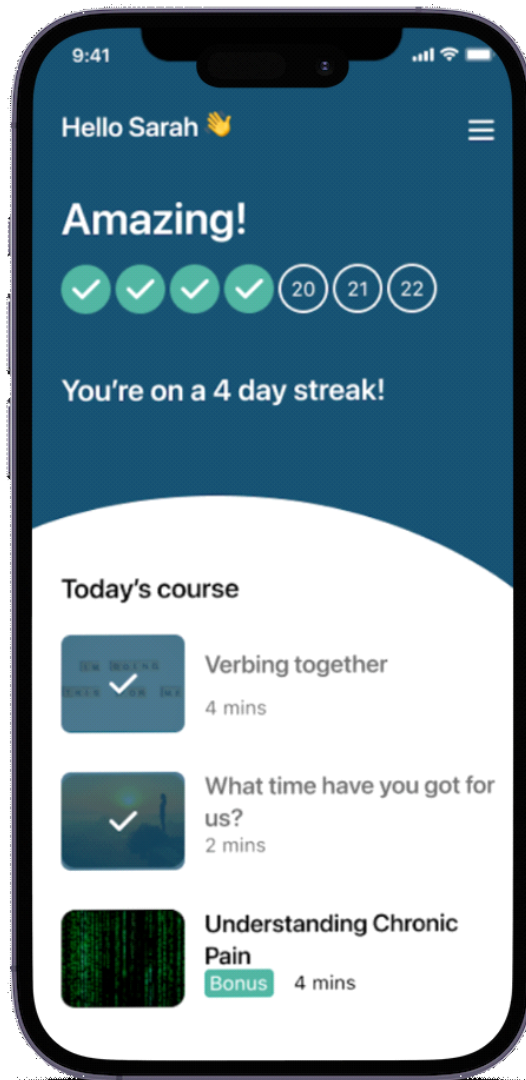
This handbook provides an overview of the key features of our app.





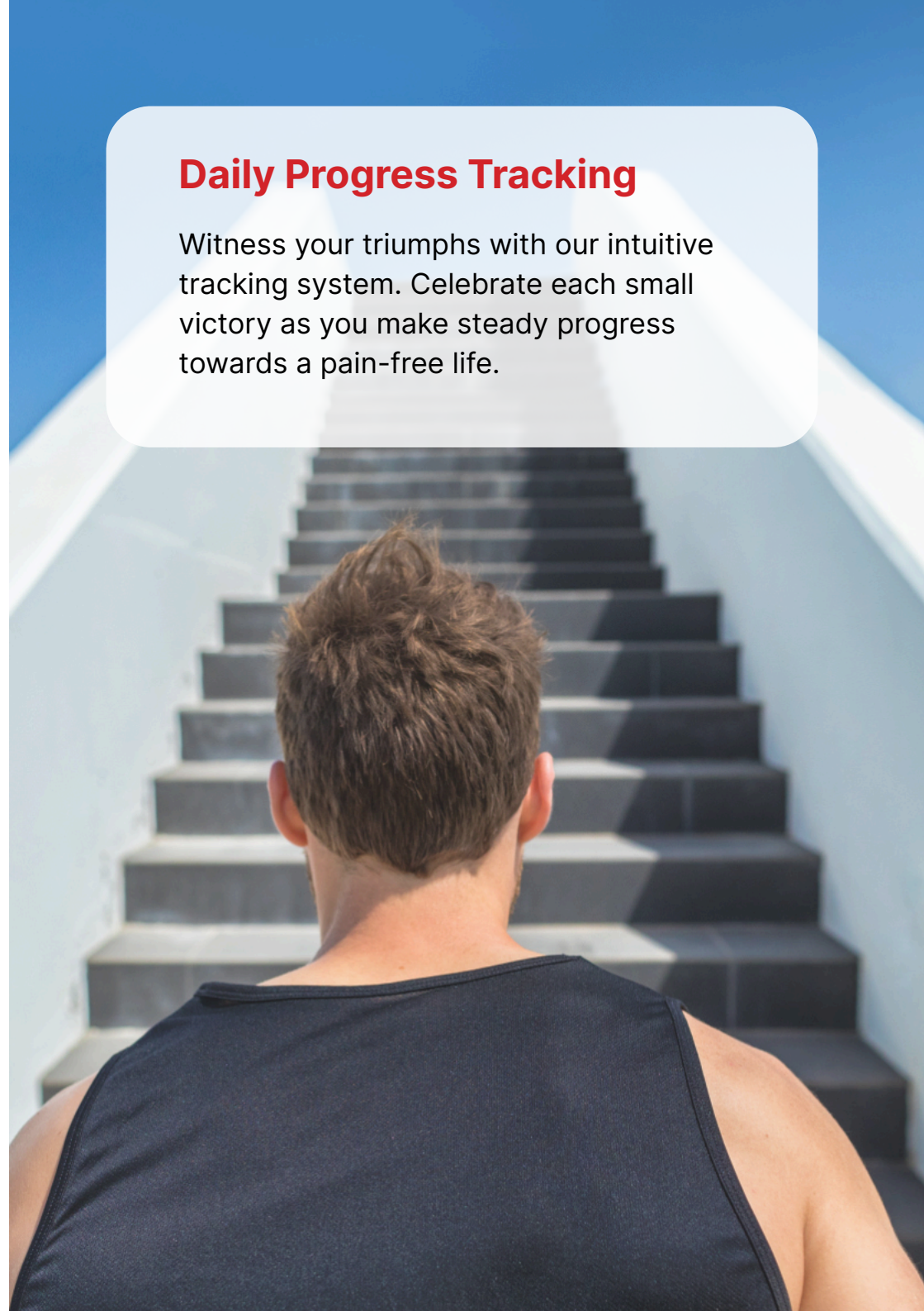
Daily Pain Education

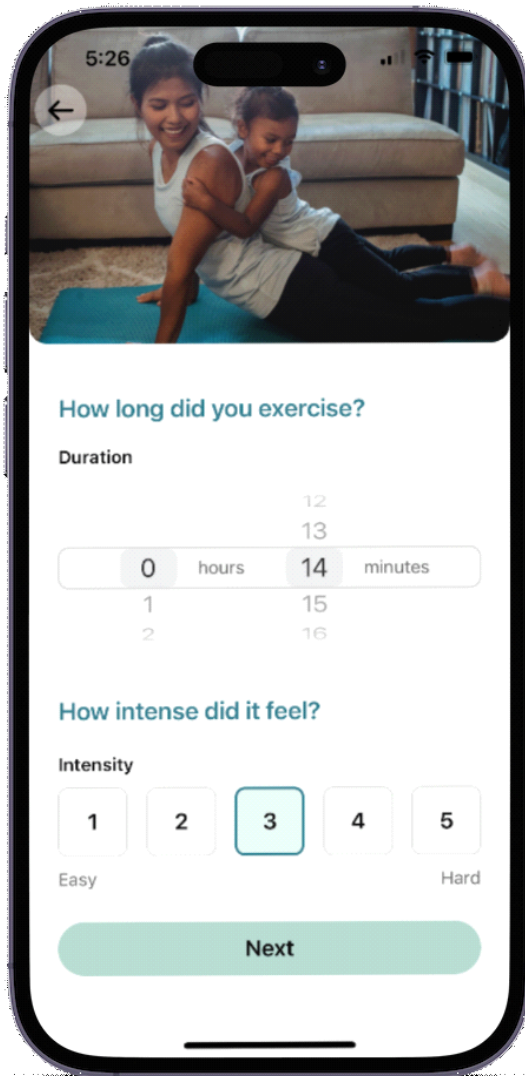
Kaha gives you the latest research in manageable chunks so you can make the best decisions about what treatments to embrace. Knowledge is power, and we're here to empower you.



Daily Progress Tracking

Witness your triumphs with our intuitive tracking system. Celebrate each small victory as you make steady progress towards a pain-free life.

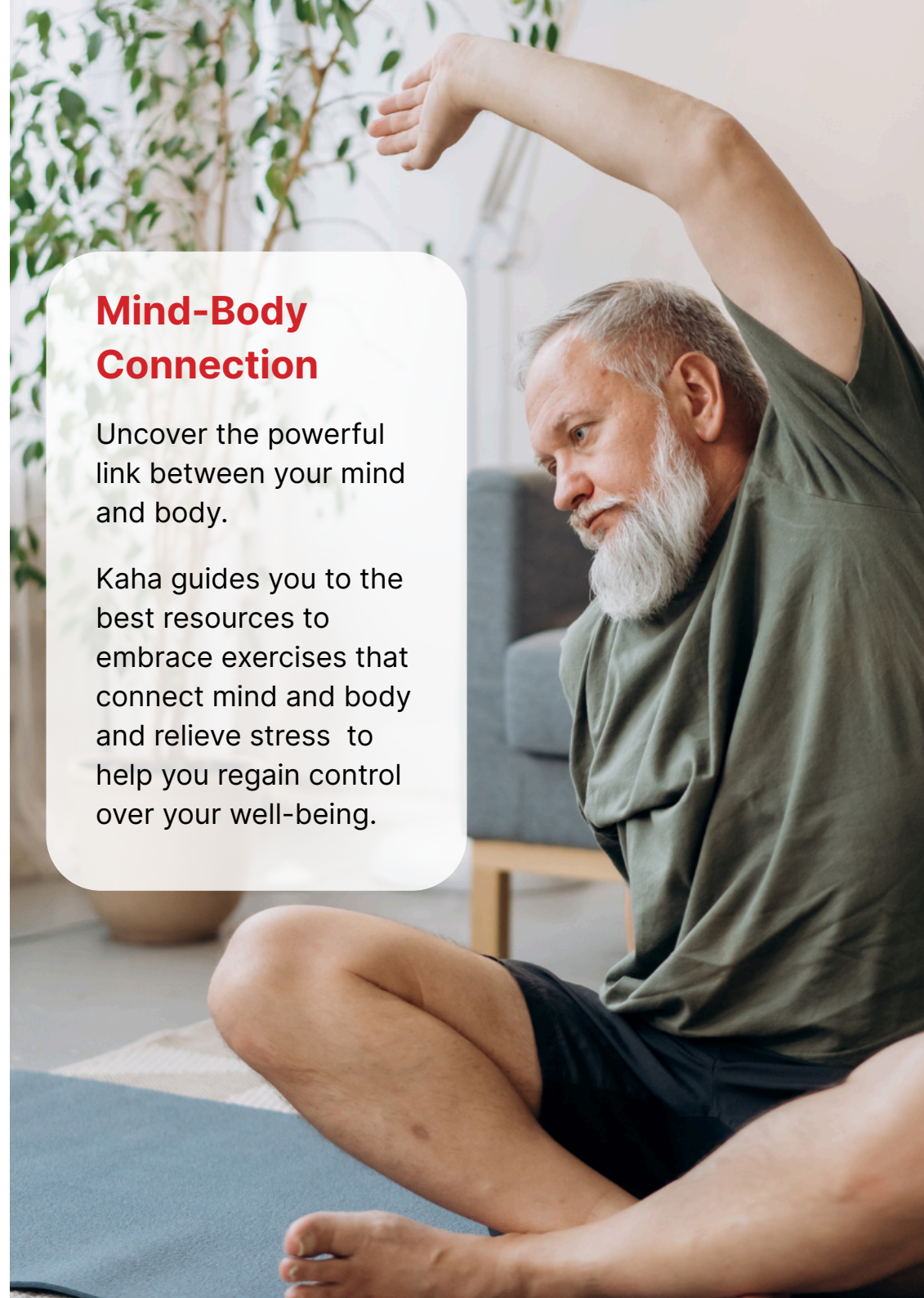




Mind-Body Connection

Uncover the powerful link between your mind and body.

Kaha guides you to the best resources to embrace exercises that connect mind and body and relieve stress to help you regain control over your well-being.

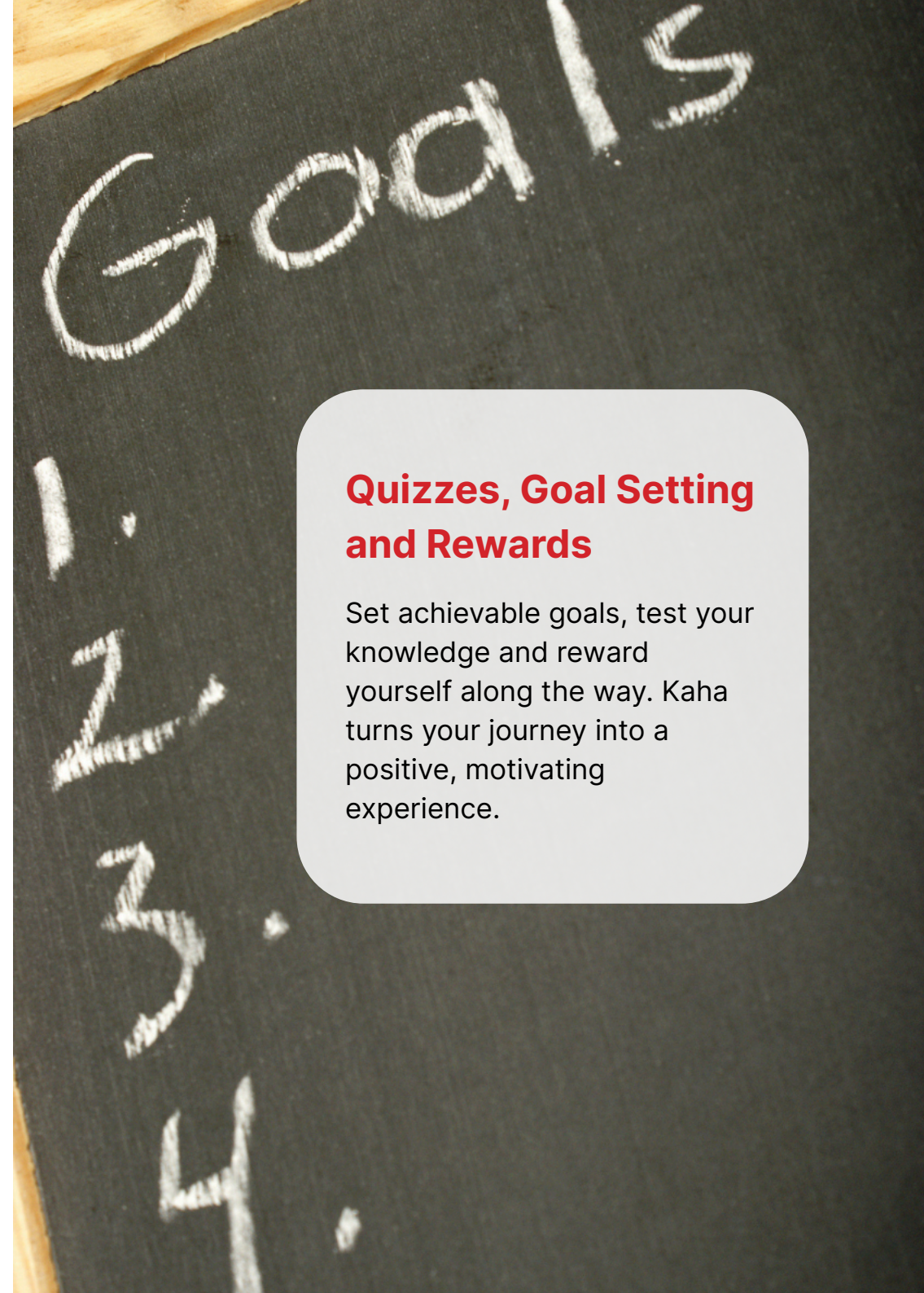
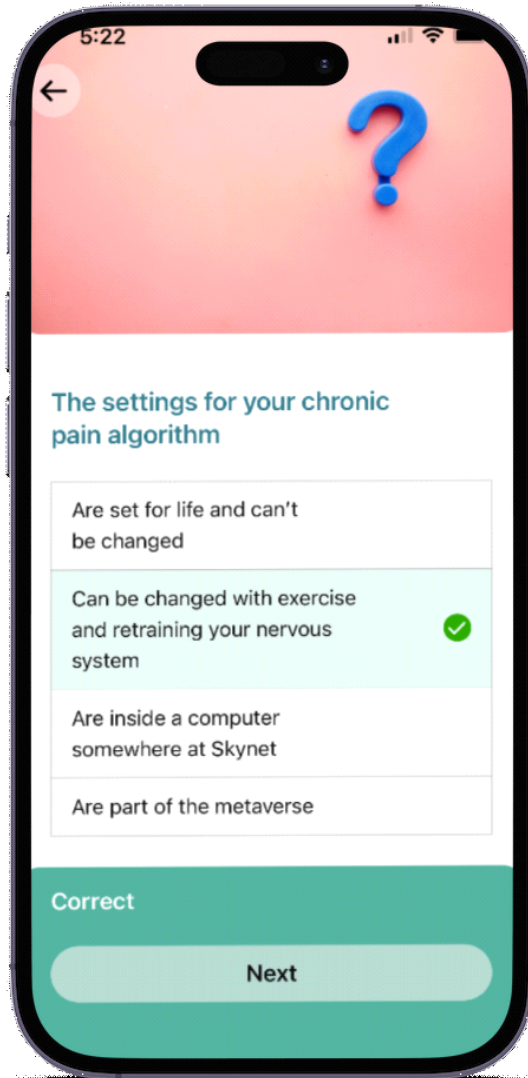




Personalised insights

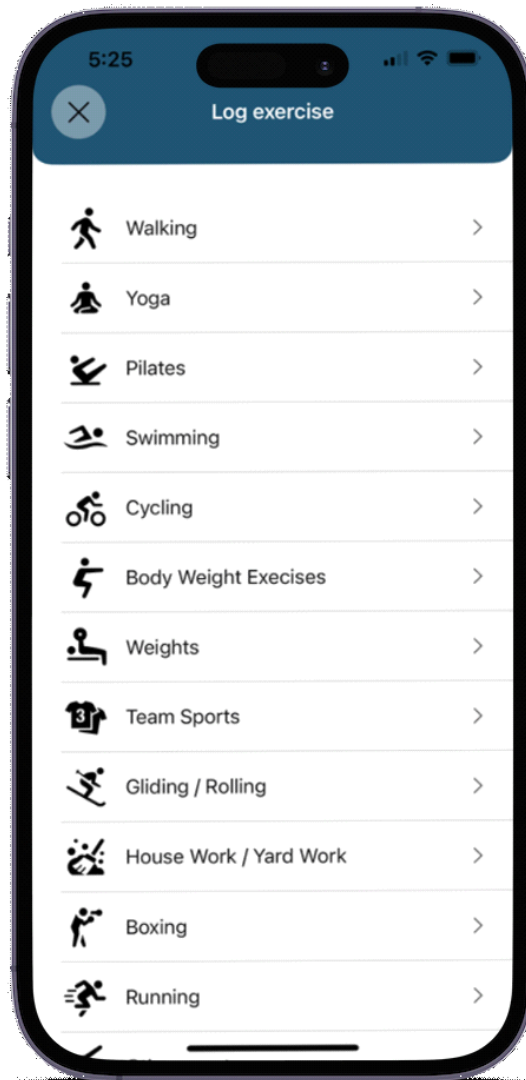
Your journey is unique but you're not alone. As you work through Kaha, you'll get personalised insights into what is working for you.





Quizzes, Goal Setting and Rewards

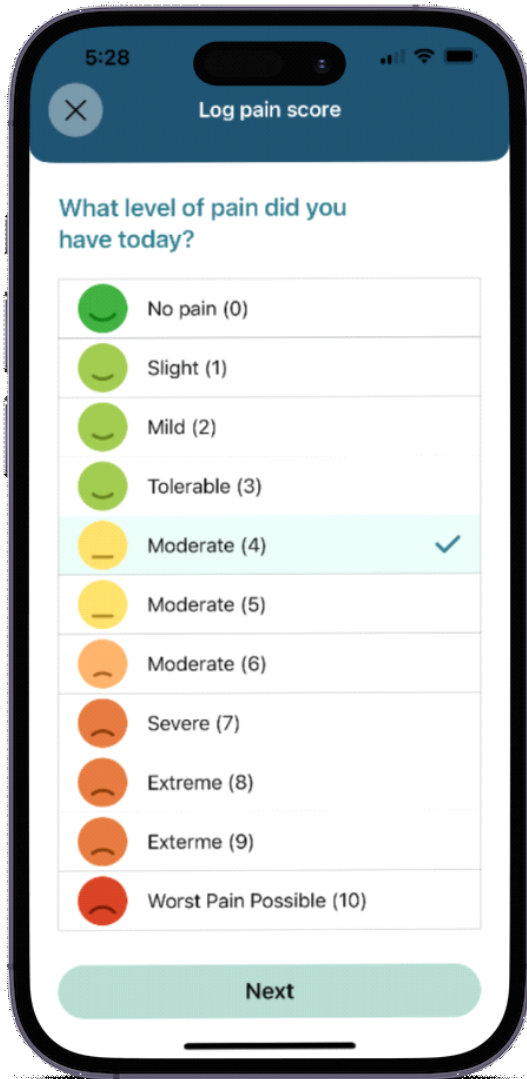
Set achievable goals, test your knowledge and reward yourself along the way. Kaha turns your journey into a positive, motivating experience.



Something for every body

Understand what you can do, what you enjoy and how that helps your progress in working towards living your best life with pain behind you.





Your experience of pain counts

Simple reflective logging of how your pain feels today.



Using our app

1. The Painaustralia / Kaha app is [available in the Apple app store for download.](#)
2. Chart your journey
3. Rate your pain
4. Discover how to manage with daily pain education
5. Take time out for yourself

For more information on how to manage chronic pain visit our website at painaustralia.org.au

"Best use of my time"

"It's like all the appointments with all the professionals I can't afford and have no time for - in one app. I get to go at my own pace and I'm learning so much."

Beta Tester

Working through Shoulder Pain

