Heal Better Feel Better

You have control over your healing.

WHAT IS HBFB?

An initiative providing support for healthier surgical recovery.

We want to help you ***heal better***.



Building Blocks of YOUR Recovery

The Core Four

- **Nutrition**
- **Movement**
- **Stress Management**
- **Sleep**

Additional Healing Topics

- **Alcohol Cessation**
- **Tobacco Cessation**
- **Constipation & Digestion**



DID YOU KNOW?

Patients who receive pre- and post-surgery education are 91% more likely to feel prepared to manage pain, use fewer opioids, and spend less time in the hospital.

Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
MICHIGAN SURGICAL QUALITY COLLABORATIVE

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