

# More than physical therapy.

This is getting back to a happier, healthier you.

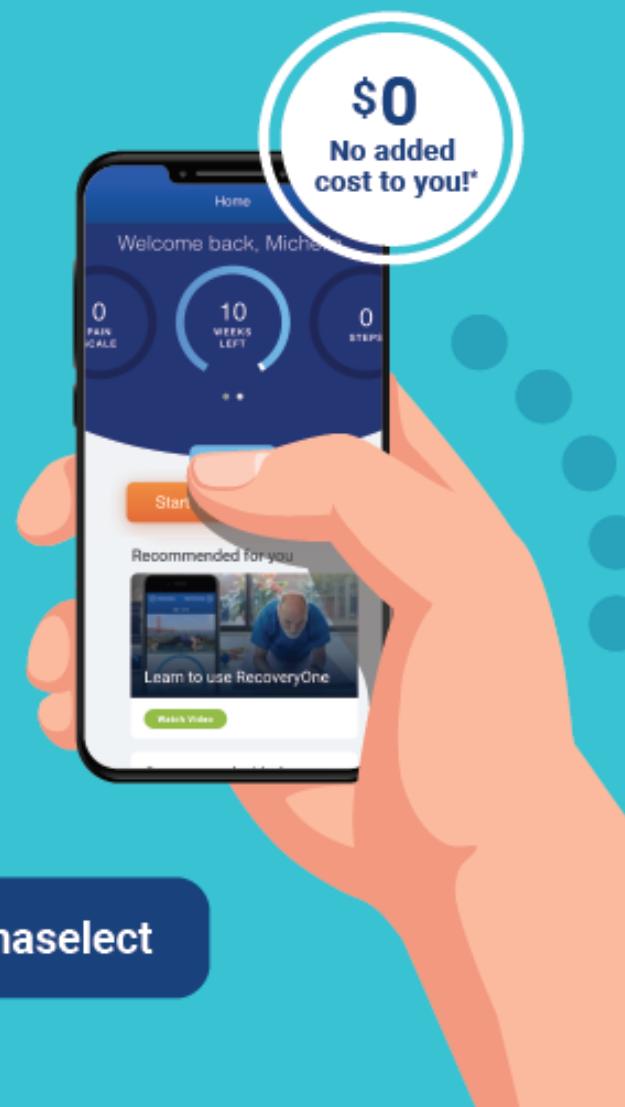
If nagging injuries, muscle aches, or joint pain have you down, we have good news. You have access to RecoveryOne™ for Cigna®, an online physical therapy program that's included in your health plan benefits. There's no added cost to you or your covered dependents (ages 18+) to use it.\*

## With RecoveryOne for Cigna, you get:

- ▶ Online PT you can do when you want, from the comfort and safety of home
- ▶ Customized recovery plans to meet your needs
- ▶ A multimedia app that guides you through your exercises
- ▶ Video, voice, and chat conversations with your support team
- ▶ Weekly check-ins with a certified health coach to help keep you on track

## Online physical therapy with:

- ✓ No paperwork
- ✓ No travel
- ✓ No crowded gyms



Get started at [recoveryone.com/cignaselect](http://recoveryone.com/cignaselect)

The program and services are provided by an independent company/entity and not by Cigna. Program and services are subject to all applicable program terms and conditions. Program availability is subject to change. This program does not provide medical advice and is not a substitute for proper medical care provided by a physician. Information provided should not be used for self-diagnosis. Always consult with your physician for appropriate medical advice. The downloading and use of the app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

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\*Cost and usage of this program is covered by your plan administrator; no additional out-of-pocket expense applies.