



More than physical therapy.

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 (PT) program that's included in your health plan benefits. This invitation extends to you or your covered dependents (ages 18+) at no added cost to you.*

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
- No paperwork, no travel required, and no crowded gyms

No added cost to you!* THE back, Michelle. ONE CONTROL OF THE STATE OF THE STATE

Get started at startptonline.com

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