

# 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 [myCigna.com](https://myCigna.com)\*\*

