

# 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.\*

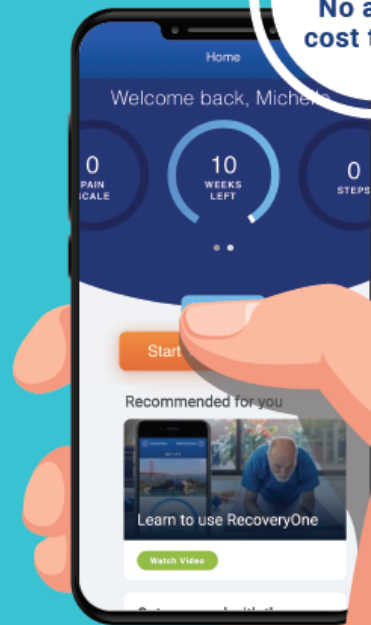
## With RecoveryOne for Cigna, you get:

- ▶ 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

**\$0**  
No added  
cost to you!\*



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

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