recoveryone™ for Cigna®
get back out there

Back and joint pain relief just got better.

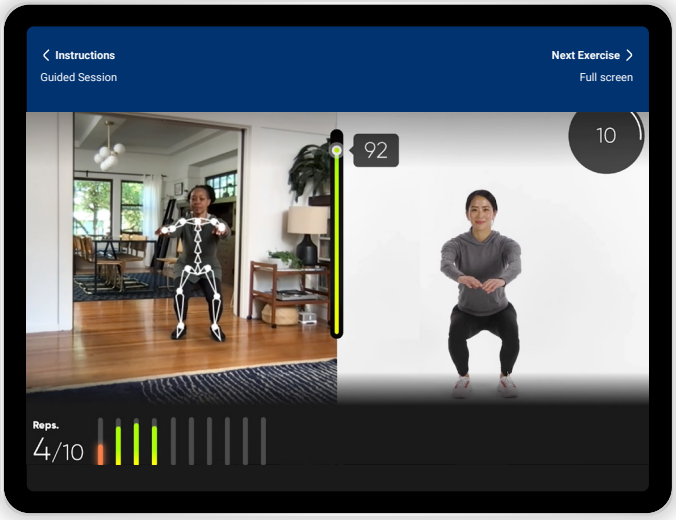
Discover a new way to heal with online exercise therapy — now with motion tracking technology.

Available at **no additional cost***



Motion Trainer keeps you on track.

Recovery One™ now offers motion tracking technology for select conditions** — no additional equipment needed. Motion Trainer gives you instant feedback on your form so you can be confident that you're on the right track.



RecoveryOne is available to you and eligible dependents as part of your health plan benefits at **no additional cost.**

- Convenient back and joint care at home
- Guided exercise therapy tailored to your lifestyle
- Physical therapist support
- Dedicated health coach
- Equipment kit delivered to your door†

Get started at recoveryone.com/start

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 for you or your covered dependents (ages 18+).
**Motion Trainer is currently available for most back programs and will roll out to more programs in 2023.
†Equipment kit is provided at no charge; one per member after successful program assignment. No purchase necessary.
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