

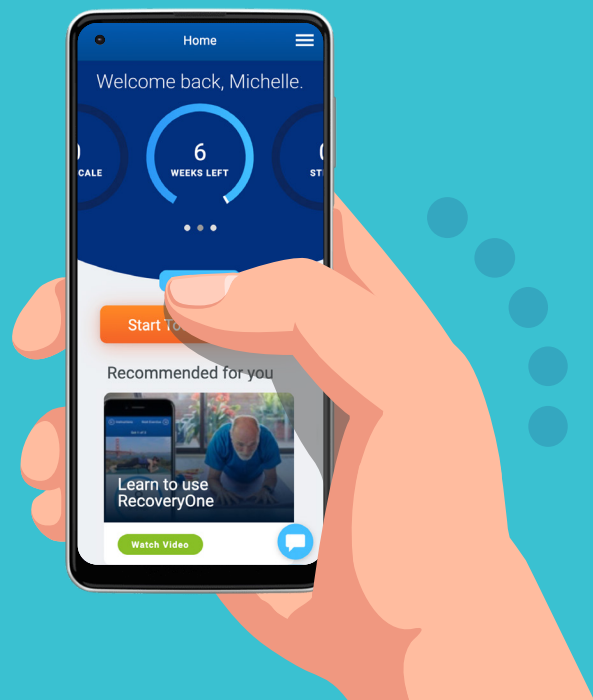
More than physical therapy.

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
- ▶ Member support chat available 18 hours a day, 6 days a week
- ▶ Unlimited in-app chats with your PT and health coach, as well as voice and video meetings
- ▶ No paperwork, no travel required, and no crowded gyms

Don't miss out on this exciting new health benefit.
It's at no added cost to you.*



Get started at myCigna.com**

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 included in premium and administrative fees; no additional out-of-pocket expense applies.

**If you haven't created a myCigna account, go to myCigna.com and click "Register." Follow the instructions to complete the short form and click "Submit." Customers under 13 years old will not be able to register and/or have their parent/guardian register on their behalf at myCigna.com.