

Convenient back and joint pain relief.

Empower employees to improve their health and productivity with RecoveryOne™ for Cigna®

Did you know? Musculoskeletal (MSK) conditions affect more than one out of two American adults.* However, cost, inconvenience and lack of local access puts care out of reach for many.

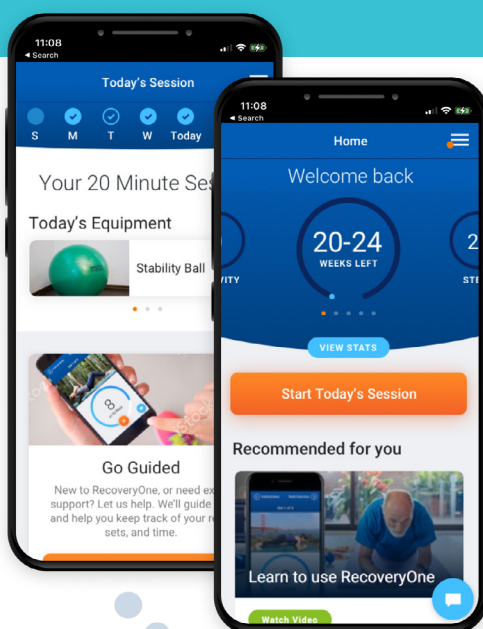


Want to see how RecoveryOne works?

[Watch now >](#)

Benefits for your company:

- ✓ Convenient and effective care that can lower healthcare costs.
- ✓ Fewer absences for medical care can help improve productivity.
- ✓ Valued benefits drive higher employee satisfaction.



Benefits for your employees:

- ✓ No additional cost as part of health plan benefits.**
- ✓ On demand, personalized exercise program that can be done anytime, anywhere.
- ✓ Dedicated health coach and access to licensed physical therapists.



Spread the word about RecoveryOne with materials available in the Engagement Center:

recoveryone.com/tk

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*Source: <https://www.boneandjointburden.org/>

**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+).