



kaia health



Do what you love again, with less pain.

Has back, joint or neck pain kept you from living life on your terms? With some Kaia members reporting feeling better in just six weeks*, relief is within reach.

Available at **no additional cost**[†]

3 Steps to start moving better

- 1 Create your account**
Scan the QR code to verify your coverage
- 2 Download the app**
From the App Store or Google Play™ store
- 3 Start feeling better**
Fill out a quick health questionnaire to get your exercise therapy program

With Kaia, you can:

- ✓ Fit exercise sessions into your day—no appointments needed
- ✓ Get real-time feedback on your form
- ✓ Message your own coach and physical therapist



Scan to get started.

Questions? Call Kaia at (917) 580-7851

* Self reported results from members who used Kaia a few times a week

[†] Provided at no additional cost as part of your health plan

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time. | Kaia is an exercise therapy application and does not/is not intended to diagnose, treat, prevent, cure or mitigate any musculoskeletal disease or condition. The Kaia Health product may not be suitable for individuals who are not cleared for physical activity by their physician. | Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. | © 2024 United HealthCare Services, Inc. All Rights Reserved.

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