

## Nagging injuries, muscle aches, or joint pain got you down?

It's time to rejoin the fun.



Get Started<sup>1</sup>

# \$0 That's right — no added cost to you!<sup>2</sup>

You have access to RecoveryOne™ for Cigna® — an online physical therapy (PT) 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.<sup>2</sup>

### 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
- ✓ Zero paperwork, no travel required, and no crowded gyms

Get Started at [myCigna.com](https://myCigna.com)<sup>1</sup>

“I would start my day going through exercises after I received an alert each morning. I attribute my complete recovery to the RecoveryOne platform. It's what future consumer health should be. Something that's easy, obvious, and medically sound.”

— Ann J., RecoveryOne program user<sup>3</sup>

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.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc. and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo and other Cigna marks are owned by Cigna Intellectual Property, Inc.

<sup>1</sup>Cost and usage of this program is covered by your plan administrator; no additional out-of-pocket expense applies.

<sup>2</sup>If you haven't created a myCigna account, go to [myCigna.com](https://myCigna.com) and click "Register." Follow the instructions to complete the short form and click "Submit."

<sup>3</sup>This example is for illustrative purposes only. It is based on an actual customer experience. Information has been changed to protect privacy. Customer results will vary.