

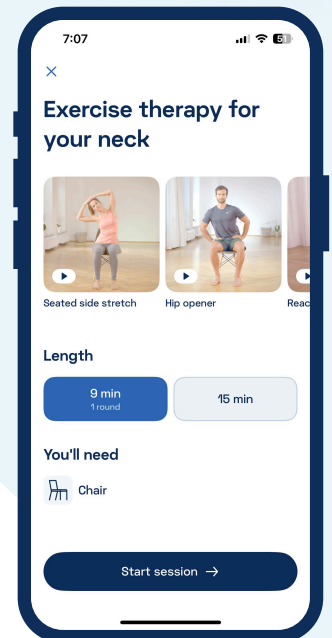






*"I feel like I have control  
of my pain and I absolutely  
love the exercise!"*



## Struggling with joint and muscle pain?

We have partnered with Kaia Health to provide therapy  
for back, neck, shoulder, knee, hip pain, and more  
- **at no cost to you.**



-  **Personalized therapy** sessions that take 15 minutes
-  A dedicated **health coach** to help you meet your goals
-  An app that you can use **anywhere, anytime** - no appointments
-  Unlimited access for the full year **at no cost to you** and your dependents

**Join 500,000+ members who have turned to Kaia to reduce their pain**



Scan the QR code to learn more and apply at  
**[startkaia.com/now](https://startkaia.com/now)**