

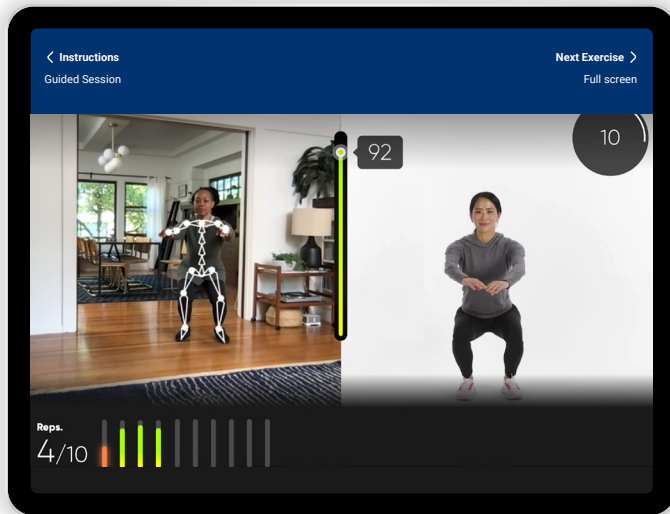
# Back and joint pain relief **just got better.**

Discover a new way to heal with online exercise therapy — now with motion tracking technology.



## Motion Trainer keeps you on track.

Recovery One™ now offers motion tracking technology for select conditions\*\* — no additional equipment needed. Motion Trainer gives you instant feedback on your form so you can be confident that you're on the right track.



RecoveryOne is available to you and eligible dependents as part of your health plan benefits at **no additional cost.**

- ✓ Convenient back and joint care at home
- ✓ Guided exercise therapy tailored to your lifestyle
- ✓ Physical therapist support
- ✓ Dedicated health coach
- ✓ Equipment kit delivered to your door†

Get started at **[recovereveryone.com/start](https://recovereveryone.com/start)**



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\*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+).

\*\*Motion Trainer is currently available for most back programs and will roll out to more programs in 2023.

†Equipment kit is provided at no charge; one per member after successful program assignment. No purchase necessary.

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