



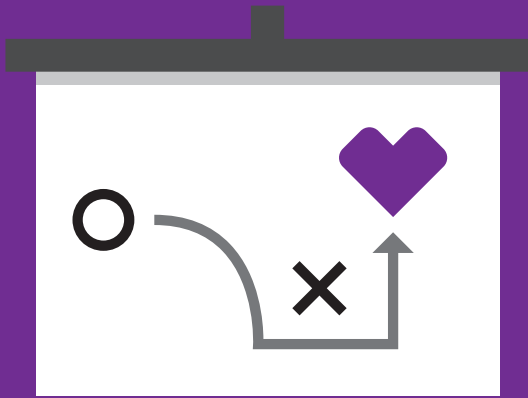
# Get help for chronic pain right on your smartphone



**Kaia Health combines physical exercise, mindfulness and educational resources to help you manage your pain naturally.**

Kaia's MSK program teaches you about proper posture and the biomechanics behind your pain while offering exercises and stretches that target the problem areas. Kaia doesn't require any exercise equipment; it only requires a smartphone.

# Kaia offers...



## **Personalized education**

to help you learn and understand more about your pain



## **Relaxation techniques**

that target the stress and anxiety associated with chronic pain



## **Step-by-step workouts**

designed to combat chronic pain by strengthening muscles

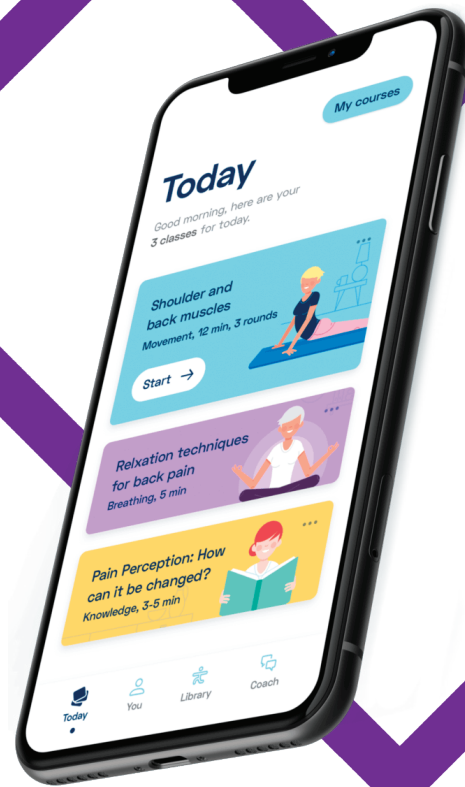


## **An automated Motion Coach**

to be your virtual personal trainer

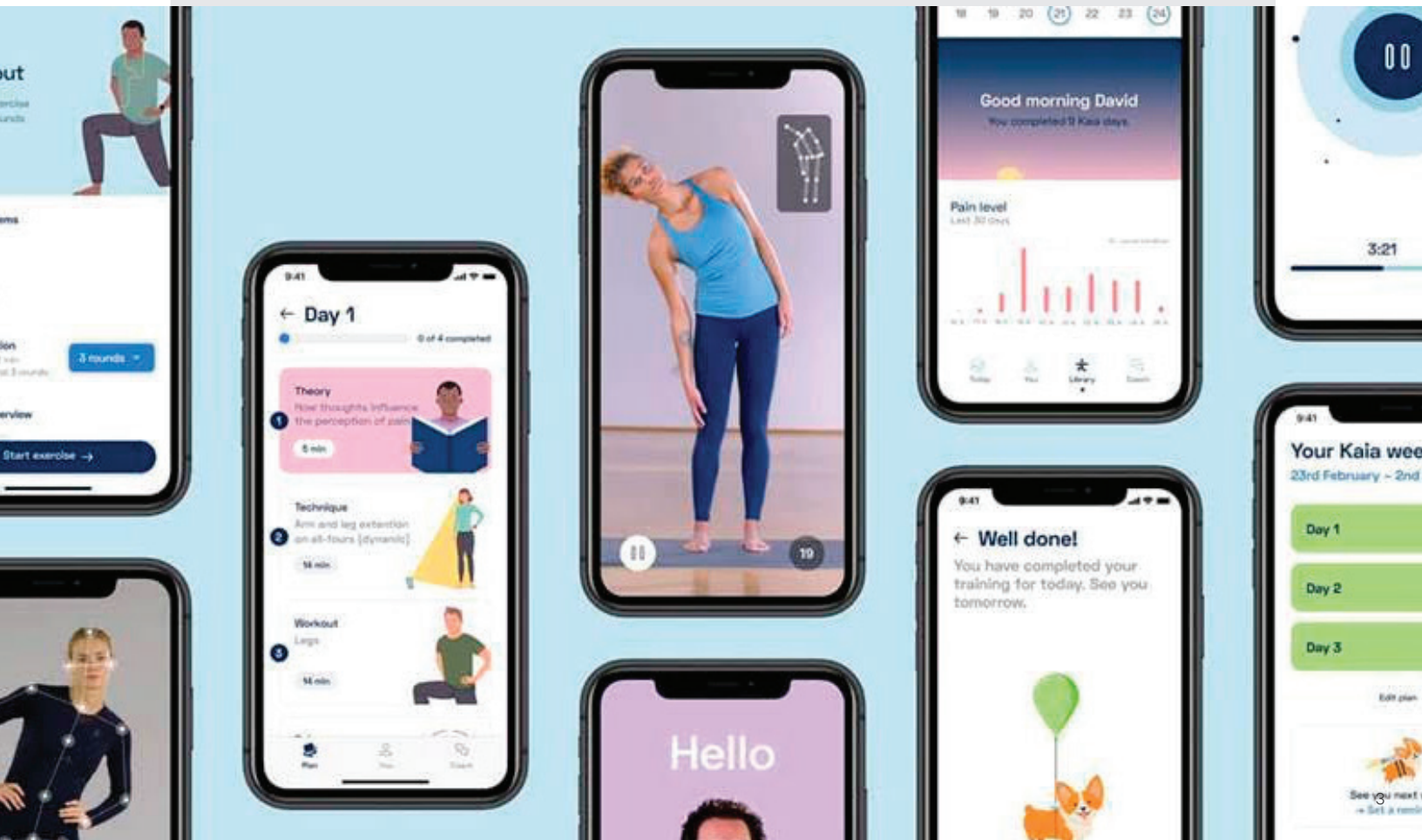
## How to access Kaia

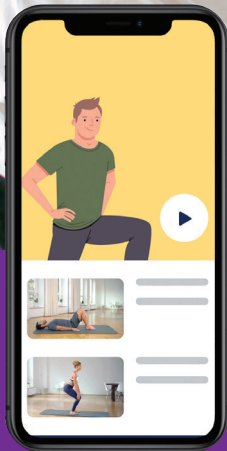
- Login in or register for **Health Hub**
- Navigate to Well-being
- Navigate to special member offers
- Go to **StartKaia.com**
- Download the Kaia Health app and get started!



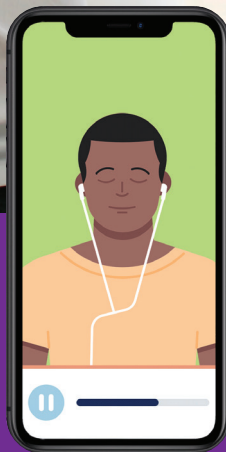
### Don't miss out on this program!

Trusted pain care at your service – included right in your benefits. Using Kaia three to five times per week for just 15 minutes a day has been clinically proven to reduce back pain.

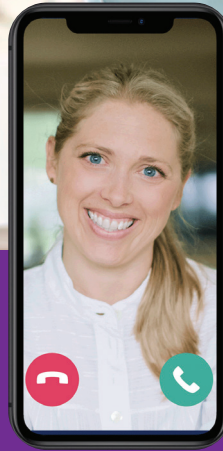




**Physical  
Exercise**



**Mindfulness**



**Educational  
Resources**

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