

Available at
**no additional
cost***

Back and joint care made simple

Ease pain and get back to the activities you love with RecoveryOne™ for Cigna® – online physical therapy available through your health plan benefits at **no additional cost.***



Discover a better way to heal with RecoveryOne.



Convenient

Guided exercise videos available anytime, anywhere – no need for travel, appointments, or referrals.



Personalized

Your program is tailored to your unique goals, condition, and lifestyle – no cookie-cutter exercises.



Supportive

Lean on your certified health coach for support to help you stay on track as you heal.

Plus, get a complimentary equipment kit!**



Resistance bands



Anchor strap



Phone holder



Storage pouch

Get started at recoveryone.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+).

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