

Back and joint care made simple

Ease pain and get back to the activities you love with online back and joint care from RecoveryOne™ for Cigna®.

**No need for travel,
appointments, or referrals.**

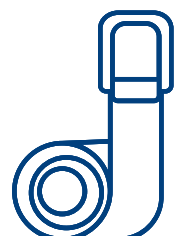


Available at
**no additional
cost***

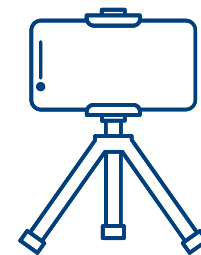
Get a free equipment kit when you sign up!**



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 program assignment. No purchase necessary.

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