

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®.

Available at
no additional cost*



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

- ✓ Resistance bands
- ✓ Phone holder
- ✓ Anchor strap
- ✓ Storage pouch

Get started at recoveryone.com/start



*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. © 2022 RecoveryOne. All Rights Reserved. CSEC1122_DDv3