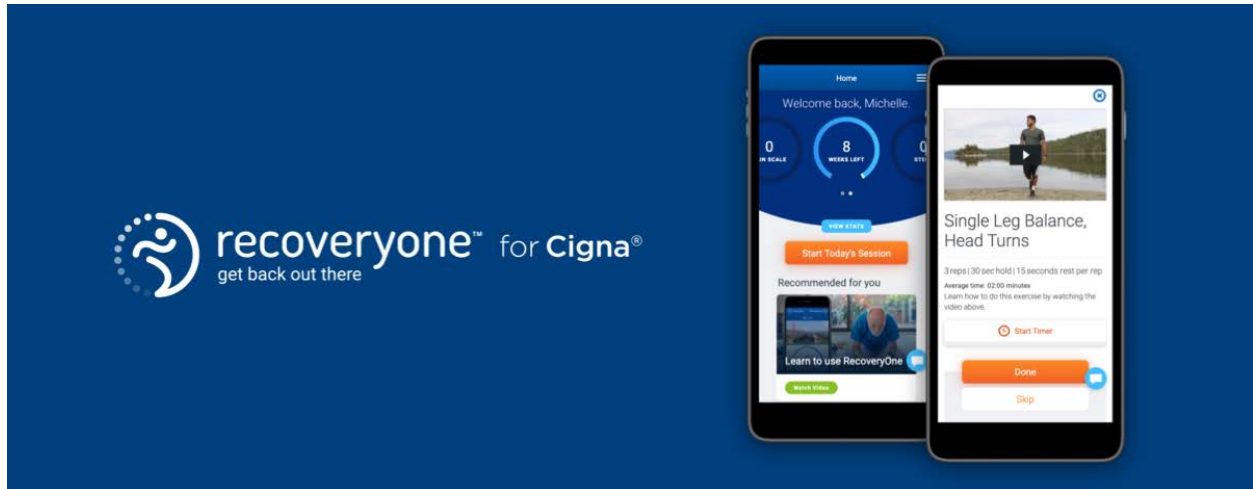


## EVERGREEN EMAIL

Benefit Awareness

**Subject Line**

Relieve back and joint pain, no additional cost



## Back and joint care made simple

Did you know that you have access to online back and joint care as part of your health plan benefits?

If you have back or joint pain, you're in good company — nearly half of U.S. adults are affected by back, joint, or muscle injury.<sup>1</sup> It can be hard to know what to do when it happens, and it's often difficult to find time for professional treatment.

RecoveryOne™ for Cigna® offers online back and joint care with 1-on-1 health coaching to help you overcome pain and get back to the activities you love. This program is available to you and your covered dependents through your health benefits at **no additional cost**.\*

Here are some highlights of the RecoveryOne program:

- **Online and on-demand:** no travel and no appointments
- **Convenient:** care anytime, anywhere
- **Personalized:** tailored to your goals and condition
- **Supportive:** lean on your certified health coach to stay on track
- **No additional cost to you:** start feeling better for \$0 out-of-pocket

Plus, you'll get a free equipment kit delivered to your door.\*\*

[Get Started](#)

1. United States Bone and Joint Initiative. Prevalence, Societal and Economic Cost. Third Edition. Illinois: The Burden of Musculoskeletal Diseases in the United States; 2016. Available from: <http://www.boneandjointburden.org>. [Cited 2022 Apr 29].

---

The program and services are provided by an independent company/entity and not by Cigna. Program and services are subject to all applicable program terms and conditions. Program availability is subject to change. This program does not provide medical advice and is not a substitute for proper medical care provided by a physician. Information provided should not be used for self-diagnosis. Always consult with your physician for appropriate medical advice. The downloading and use of the app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

\*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. Visit [recoveryone.com/recoveryone-privacy-policy](http://recoveryone.com/recoveryone-privacy-policy) for full details.

© 2022 RecoveryOne. All Rights Reserved. CSEC0922\_EE1v3

Image Options

Alt Header



RecoveryOne Logo

