

LAUNCH EMAIL New Benefit Introduction	
Subject Line	New benefit: Online back and joint care



Introducing RecoveryOne™ for Cigna®

We're pleased to announce a new health plan benefit available to you and your eligible dependents. RecoveryOne is an online back and joint care program that makes it easier to address nagging aches and pains on your terms.

At some point, most of us have probably experienced the frustration of back or joint pain impacting our daily lives. We are committed to supporting you by offering this benefit to help recover from muscle or joint injury, chronic pain, or surgery.

With RecoveryOne you will:

- Meet virtually with a physical therapist
- Follow your personalized, online exercise program from the convenience of home
- Receive weekly 1-on-1 support from a certified health coach
- Get a free equipment kit delivered to your door*

The best part? RecoveryOne is included in your health plan benefits, so it is **available at no additional cost to you.****

We hope you will take advantage of this valuable and convenient benefit offering.

[Get Started](#)

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.

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*Equipment kit is provided at no charge; one per member after successful program assignment. No purchase necessary. Visit recoveryone.com/recoveryone-privacy-policy for full details.

**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+).

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RecoveryOne Logo

