

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**.*

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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/getstarted



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.

If you haven't created a myCigna account, go to myCigna.com and click "Register." Follow the instructions to complete the short form and click "Submit." Customers under 13 years old will not be able to register and/or have their parent/guardian register on their behalf at myCigna.com.

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*Cost and usage of this program is included in premium and administrative fees; 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.