

# More than physical therapy.

Help improve employee health and company productivity with RecoveryOne™ for Cigna®.

Only 1 in 10<sup>1</sup> people whose health could benefit from physical therapy (PT) actually get it. Cost, inconvenience and lack of local availability puts PT out of reach for many.

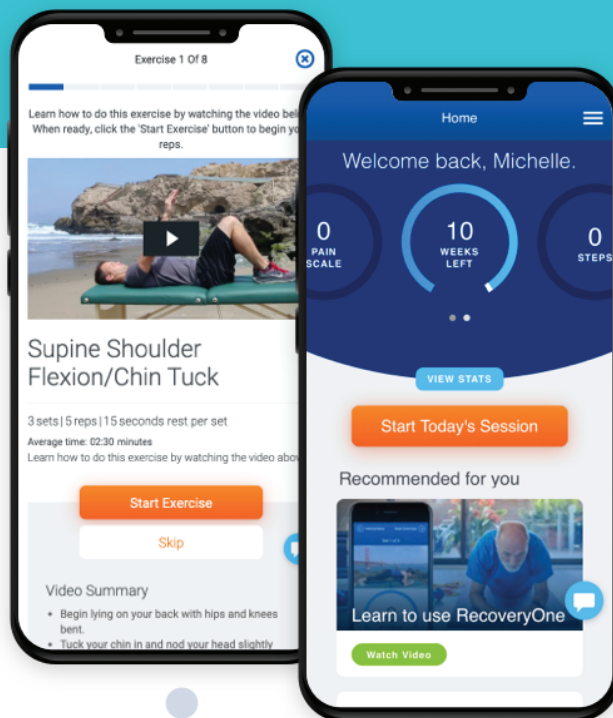


Want to see how RecoveryOne works?

**Watch now >**

## Benefits for your company:

- ✓ Complete PT solution that can help reduce nagging injuries or muscle and joint pain for your employees.
- ✓ Fewer absences for medical care can help improve productivity.
- ✓ Valued benefits drive higher employee satisfaction.



## Benefits for your employees:

- ✓ \$0 — no added cost to your employees<sup>2</sup>.
- ✓ On demand from a phone or tablet, or web browser.
- ✓ Exercise at their own pace with a certified health coach to help keep them on track.



Download engagement materials to share with your employees at

**[www.recoveryone.com/tk](http://www.recoveryone.com/tk)**

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<sup>1</sup>"Medical Expenditures Panel Survey." Agency for Healthcare Research and Quality, US Department of Health & Human Services.

<sup>2</sup>Cost and usage of this program is covered by your plan administrator; no additional out-of-pocket expense applies.