Don't wish pain away ... do this instead

Download the Kaia app for on-demand, personalized support to help relieve pain and live healthier

Whether it's a stiff neck, aching shoulders or more severe back issues, it can be hard to enjoy life when pain shows up. That's where Kaia steps in. It's a new app here to show how pain relief is possible — **at no extra cost** as part of your health plan.

Connecting with Kaia connects you with so much

On-demand pain relief care in the convenience of an app



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Workouts tailored to you with some as short as 15 minutes

Bite-sized lessons to help you recognize where pain is coming from





No extra cost—this is included as part of your health plan



Strengthening exercises plus relaxation techniques for pain management



Download Kaia today

You'll get a personalized pain relief program created on the spot after you sign up. Get started with a personalized pain relief program and learn helpful exercises with no scheduling, waiting rooms or travel required.



For real-time feedback while you exercise



Kaia tracks your movements using Al technology to ensure you're doing each exercise correctly, providing real-time audio and video feedback for help along the way. So you get a program tailored to your fitness, pain and mobility levels to help manage pain.

Visit startkaia.com/uhc





*Provided at no extra cost as part of your health plan.

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