

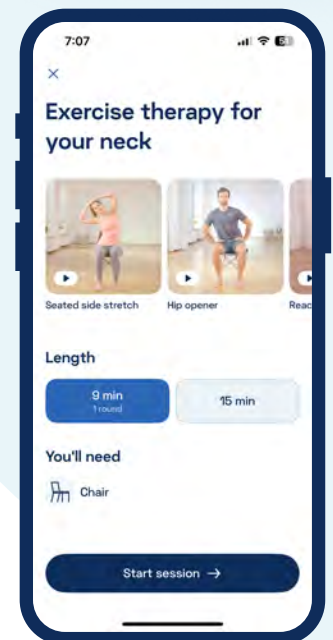






"I feel like I have control of my pain and I absolutely love the exercises!"

kaia health

Struggling with joint and muscle pain?

Kaia Health provides therapy for back, neck, shoulder, knee, hip pain, and more - **at no cost to you.**



-  **Personalized therapy** sessions that take 15 minutes
-  A dedicated **health coach** to help you meet your goals
-  An app that you can use **anywhere, anytime** - no appointments
-  Unlimited access for the full year **at no cost to you** and your dependents



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