



# Digital back and joint pain management



Physical exercises and mind-body relaxation for back, joint and chronic pain – all from an app at no additional cost.

Kaia gives you a personalized exercise program that is designed to be:

- Flexible: Available anytime, anywhere
- Supportive: Health coach support at your service
- Complete: Mindfulness, relaxation and educational content

With Kaia, you can:

- Get help to fit exercises into your day
- Get real-time feedback on your form, using your phone or tablet camera



**Get your customized exercise program for pain management today. Visit [uhc.care/getkaia](https://uhc.care/getkaia).**

## United Healthcare®

kaia  
health

Kaia Health's care team has coverage in all 50 US states and we are aware of telehealth and PT restrictions across all 50 states. To navigate these restrictions, we work with each member's benefits, health plan and our partner ecosystems to ensure our care is delivered safely, effectively and properly against those restrictions. Our team has care navigation capabilities to help support this process.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

© 2025 United HealthCare Services, Inc. All Rights Reserved. WF15966708 336969-022025 OHC