



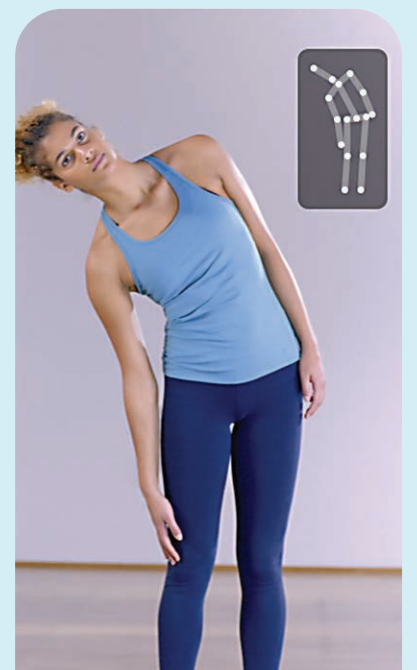
**Don't let pain
stop you from doing
what you love**



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

From a stiff neck or aching shoulders to more severe back issues, it can be hard to enjoy life when pain shows up. But 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.

- ✓ **On-demand pain relief care** in the convenience of an app
- ✓ **1-on-1 health coaching** with certified professionals
- ✓ **Workouts tailored to you** with some as short as 15 minutes
- ✓ **No extra cost**—this is included as part of your health plan
- ✓ **Bite-sized lessons** to help you recognize where pain is coming from
- ✓ **Strengthening exercises** plus relaxation techniques for pain management



Get real-time feedback while you exercise

Kaia uses AI technology to track your movements and ensure you're doing exercises correctly.



Download Kaia today




 Visit startkaia.com/uhc

**United
Healthcare**



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