



Alleviate pain and find lasting relief.

Digital therapy for back and joint pain you can do anywhere, anytime.

Meet Kaia Health.

All you need is a smartphone or tablet to get started with the Kaia app and get access to:

- ✓ A **personalized, clinician-designed program** proven to reduce pain and improve sleep quality
- ✓ **Easy to use technology** that guides you and provides real-time corrective feedback on movements as accurately as a physical therapist*
- ✓ **Therapy designed for you**—no appointments, no hassle, no cost



Scan the QR code to start feeling better

If you have questions or want to learn if Kaia is right for you, give us a call at (917) 580-7851 or email support@kaiahealth.com.

*Biebl JT, Rykala M, Strobel M, et al. App-Based Feedback for Rehabilitation Exercise Correction in Patients With Knee or Hip Osteoarthritis: Prospective Cohort Study. J Med Internet Res. 2021;23(7):e26658.doi:10.2196/26658