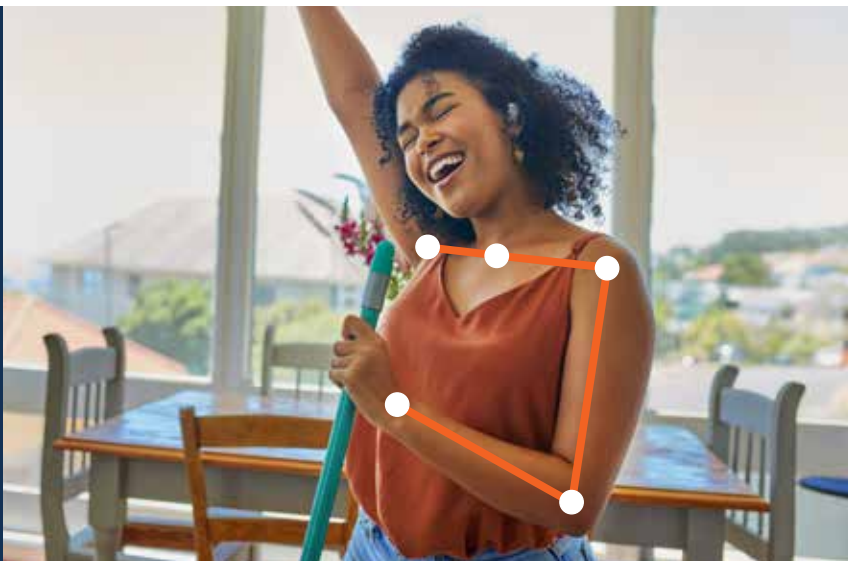


Whether you want  
to sweep the competition  
or just sweep the floor...

**Kaia is here to help**



When you're living with sore joints and muscles or recovering from an injury, it can be hard to enjoy life and fulfill all your responsibilities. **Kaia is a new virtual exercise therapy program included with your benefit plan to help you enjoy a pain-free life and get back to doing things you need to do and love to do.**

### **Kaia is high-tech, in-home exercise therapy that provides:**

- ▶ **One-on-one** health coaching
- ▶ **Tailored workouts** with some as short as 15 minutes
- ▶ **Bite-sized lessons** to help recognize where pain is coming from
- ▶ **Pain management** through strengthening exercises and relaxation techniques
- ▶ **And much more**

### **What this means for you**

- ▶ **Easy-to-use app** that teaches you exercises at your own pace, on your schedule
- ▶ **Real time feedback** with every move
- ▶ **You pay nothing** and all you need is a smartphone or tablet
- ▶ **Support at your fingertips** when you need it, where you need it

Exercises backed by the latest technology makes Kaia easy to use



### ► AI technology

Kaia uses AI technology to guide movements, pinpoint critical joints and appendages, and ensure users are doing exercises correctly.

### ► A holistic approach to MSK pain

Kaia's algorithm adapts therapy daily to target specific pain areas. Its mental health component features breathing exercises and other relaxation techniques to help calm the mind and ease pain.

### ► Real Coaches

In addition, coaches guide users through workouts, counting reps and providing real-time feedback.

## Get back to normal with Kaia



To access Kaia, simply scan the QR code to download the app to your smartphone or tablet. You'll be asked to complete a questionnaire to determine if you're a candidate for Kaia exercise therapy.