



Benefit for your back and joint health at no cost

We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your condition and a personal care team of experts. Best of all, it's at no cost to you — 100% covered by your employer.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a recent or past injury
- Keep joints healthy and pain free

Eligibility: Employees and dependents 18+ enrolled in an Aetna medical plan through your employer are eligible.



