



saif
Work. Life. Oregon.



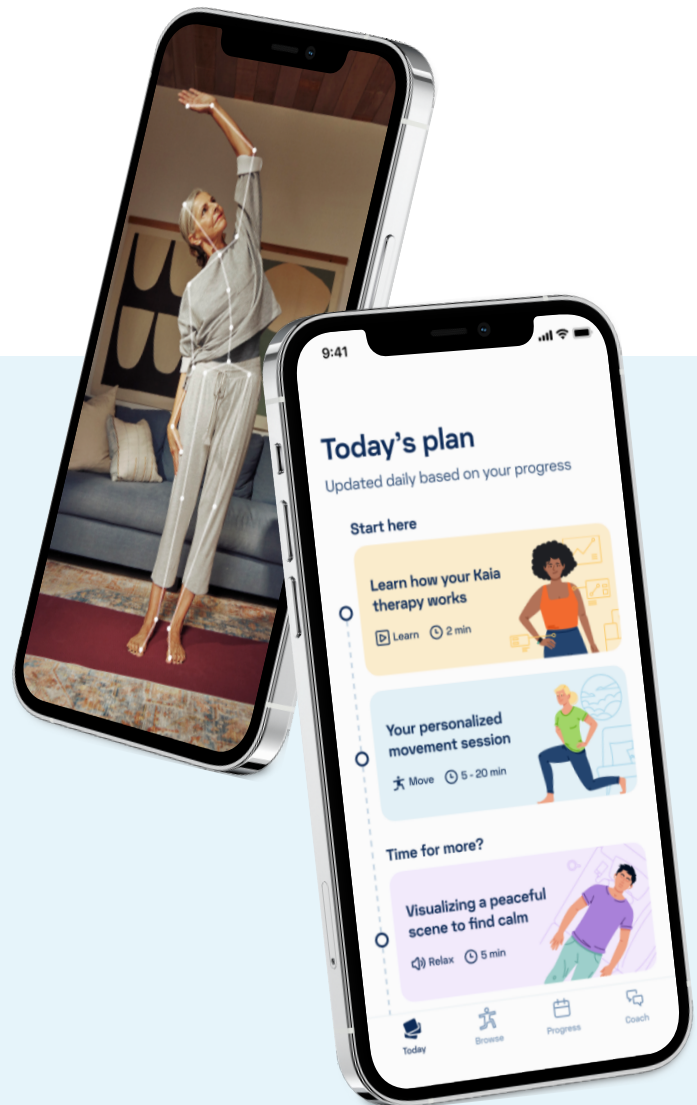
Alleviate pain and find lasting relief

Digital therapy for pain management 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*
- ✓ A **therapy designed with you in mind** — no appointments, no hassle, no cost



Start feeling better with Kaia.

Visit kaia.health/saif03 or scan the QR code to sign up.

Because of our partnership with Kaia Health, Kaia is available at **no additional cost to you.**

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

*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