



Take relief into your own hands.

Learn easy and effective ways to get relief for your lower back pain.



Be your **Healthiest You**



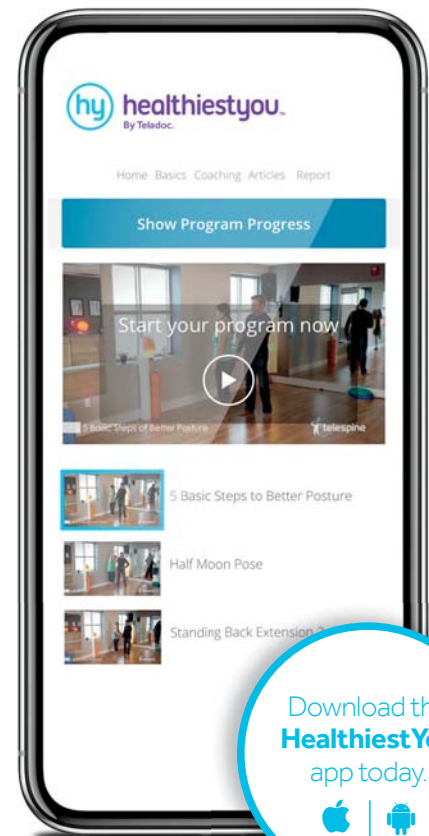
Build strength, increase flexibility, and improve posture without having to go to a physical therapist's office **at no cost to you** as part of your All Savers® Alternate Funding benefits.

Our back care program provides:

- Relief in just 10 minutes a day using our guided videos in the app.
- Expert support through certified coaches.
- Personalized progress monitoring to help you stay on track.

Here's how it works:

- 1 Click "Back Care" in the HealthiestYou app.
- 2 Complete a 5-minute back health assessment.
- 3 Contact a certified health coach for a personalized plan.



Download the HealthiestYou app today.

HealthiestYou.com | 866-703-1259

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