

Address Back and Joint Pain with Free Virtual Exercise Therapy

HealthJoy's Virtual Exercise Therapy is an effective program for individuals struggling with back, neck, shoulder, knee, and/or hip pain. With guidance and support from a personal coach, you can significantly reduce pain and improve functional abilities in just 15 minutes per day. Better yet, this program is completely free for you to use!

82% Pain Reduction

95% Member Satisfaction

85% Function Improvement

*Results based on a sample size of about 50 program participants

HOW DOES IT WORK?

- Access the program through the HealthJoy app by clicking on "Manage Back and Joint Pain" from the menu.
- Complete a 15-minute intake survey so we can better understand your unique situation.
- You'll be paired with a personal coach, who will reach out to schedule an introductory phone call.
- Your coach will design a care plan with up to 12 weeks of exercises that can be done at home or on-the-go, and will be there to support you throughout the program.
- Your coach will provide maintenance exercises once you've completed the program.

What are you waiting for?

Take control of your pain today by clicking on "Manage Back and Joint Pain" from the menu of your HealthJoy app.

