

kaia health

Do what you love again.

Find lasting relief from chronic muscle and joint pain, all through a digital therapy app. Kaia can be done anywhere, anytime and is available at **no additional cost to you**.



Start today!

Get your digital therapy program today



Scan me!

1. **Scan the QR code** from your smartphone or tablet
2. **Answer a few questions** about your pain and then verify your eligibility through Surest
3. **Create your Kaia account** by following the prompts
 - a. Click through to be taken to the App Store or Google Play™ store to download the Kaia app
 - b. Once you download the app, enter the account information you just created
4. **Log into the app and complete the health questionnaire** to immediately receive your customized therapy program
5. **Jump into your first Kaia session** and start moving better



Surest Member Services:
866-683-6440, Monday – Friday, 6 am – 9 pm CT.

Brought to you by: **surest™**