



# A New Way to Manage and Prevent Pain

## WEA Trust All Joints Program Low Back and Joint Relief by Kiio

Whether you have chronic joint pain or are looking to prevent an injury, WEA Trust offers an easy and convenient tool to manage the health of your back and major joints.

The WEA Trust All Joints Program, powered by Kiio, is a scientifically backed program designed for you. This free mobile app digitally coaches you through a sequence of exercise routines created by experts in physical therapy. It follows clinical practice guidelines for your specific type of knee, neck, hip and low back pain.

### Program Summary

- Personalized and self-paced programs based on you and your symptoms
- At-home solutions for improved overall health and wellbeing
- Secure in-app text messaging with your care team
- Increased day-to-day productivity

## Multiple Joint Solutions in One Seamless Experience



### Knee Program

Our knee program is best for members with limited knee motion, who have a lack of confidence in their knee strength, middle and behind the knee pain or a desire to increase their stability and knee movement.



### Neck Program

Our neck program is for members who have trouble turning their neck due to pain or stiffness, experience neck pain from a previous accident, neck pain that is paired with radiating arm pain or neck pain that creates headaches.



### Hip Program

Our hip program is for members who have limited mobility in their hips, decreased hip strength, hip pain that radiates to their legs, hip pain that occurs when bending forward or backward or when standing or walking for too long.



### Low Back Pain Program

Our low back program is for members who have mild to chronic low back pain, those wanting to increase back strength or are looking to prevent a future back injury.

# Earn Incentives: Low Back Program

Get rewarded on your way to a happier and healthier back! You'll receive gift cards as you complete each section of the program. Currently, gift cards are only available for the low back program.

Program Levels	Level Rewards
Initial Screening	\$10 Visa e-Gift Card
Level 1 Exercises	\$25 Visa e-Gift Card
Level 2 Exercises	\$25 Visa e-Gift Card
Level 3 Exercises	\$40 Visa e-Gift Card
All Levels Complete	Total Reward = \$100

\* Due to ETF guidelines, State Health Plan members are unable to receive gift cards.

## Individualized, Proven Results, Convenient



### Individualized—

The screening and risk assessment survey creates a personalized

program just for you. Each exercise is selected for you and your type of pain. Progress through the program is determined by your individual participation.



### Proven Results—

The multi-track, multi-level exercise programs use clinically proven

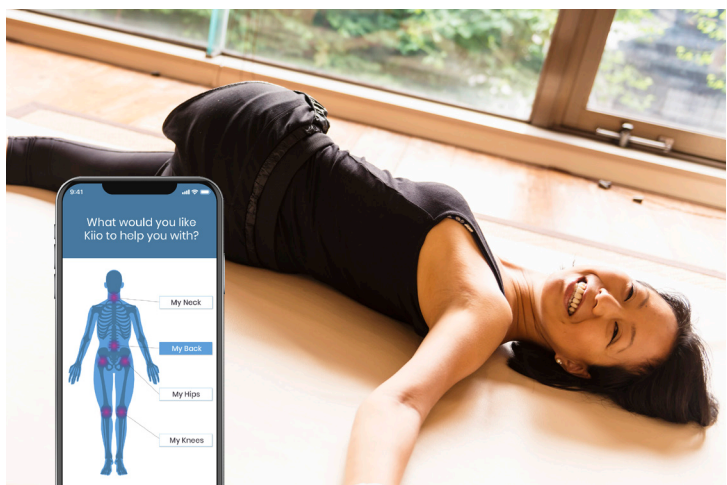
methods to decrease your pain, improve mobility and create strength. Our Care Management team is able to track your progress and are available to assist if you have any questions.



### Convenient—

Whether you're at home or on the go, you can easily access your tailored

program 24/7 from your tablet or smartphone. Select between a complete full-length routine or the express version depending on how much time you have that day.



## Let's Get Started

- ▶ Visit [WEAtrust.com/AllJoints](https://WEAtrust.com/AllJoints) and click on "Sign Up Now" to register.
  - ▶ If you need assistance signing up contact 833-ASK-KIIO or [support@kiio.com](mailto:support@kiio.com)
- ▶ Choose the area of pain you are most concerned with.
- ▶ Complete the screening survey, and receive a link to begin your personal program from your smartphone or tablet—anytime, anywhere.