



WEAtrust

WEA Trust Low Back Pain Program

A Better Way To Manage Your Low Back Pain

Managing Low Back Pain

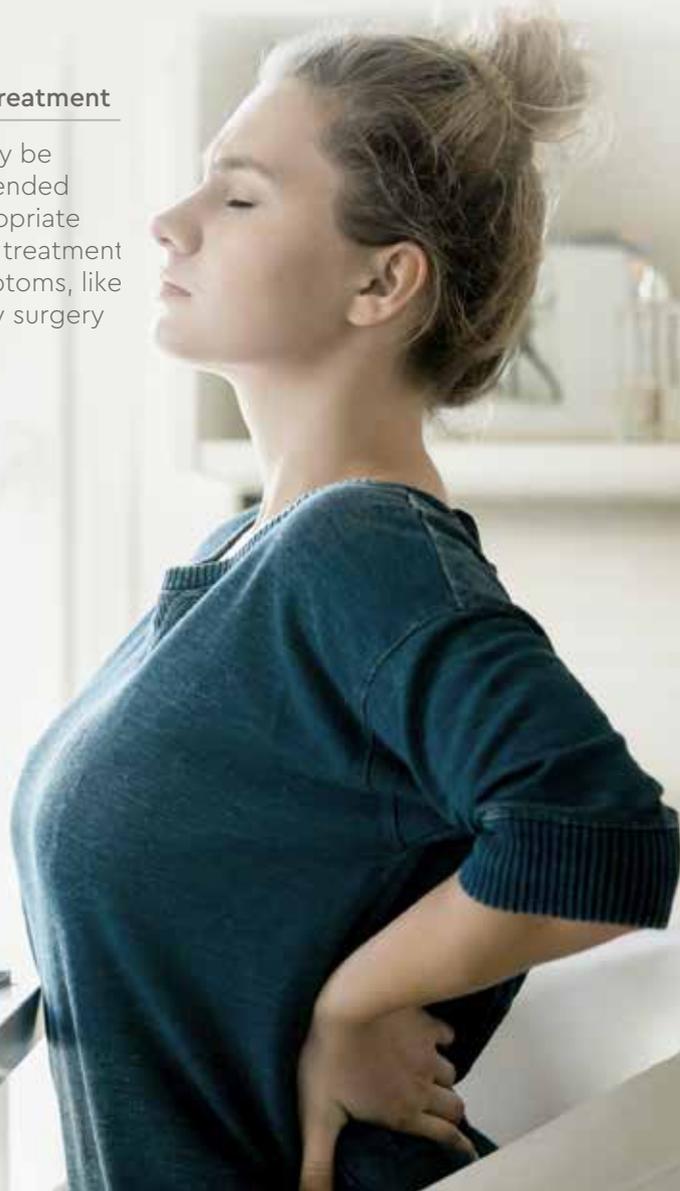
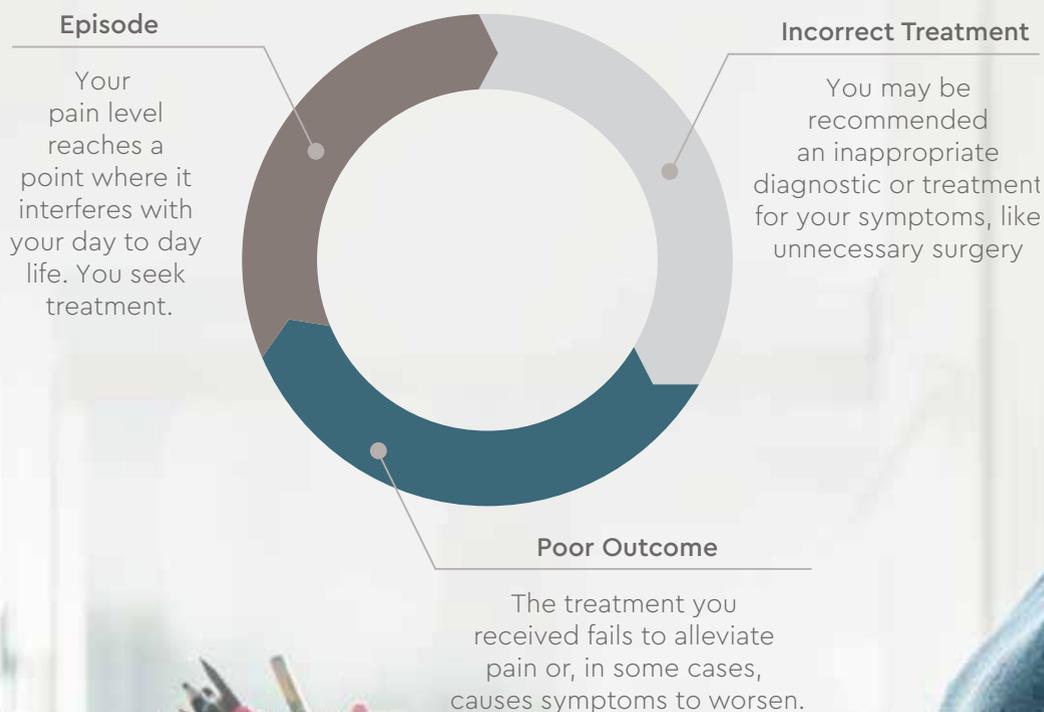
In the United States, over 30% of adults will experience low back pain this year. For about 10%, the condition will become chronic. Overall, 80% of people will experience back pain at some point in their lives. In addition, treatments for low back pain like steroid injections, opioids and surgery can often be ineffective as well as expensive.

Experiencing low back pain can have devastating effects. Aside from the pain itself, back pain can cause you to miss work and time with friends and family. It's time to take back control of your life.



The Destructive Circle of Back Pain

Low back pain is truly debilitating. It dramatically impacts your life, and can push you toward unnecessarily aggressive or potentially harmful treatments, like back surgery and prescription opioids. When treatments are unsuccessful, this cycle repeats itself.



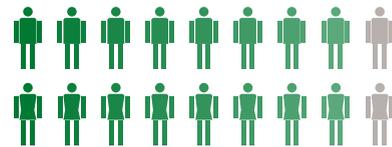
WEA Trust Low Back Pain Program

A New Way to Manage Your Pain

WEA Trust offers an easy and convenient tool to help manage your low back pain. Whether you have chronic pain or you just woke up on the wrong side of the bed, our free program is designed to strengthen your back and decrease your pain.

Our free mobile app digitally coaches you through a sequence of exercise routines designed specifically for you based on your specific kind of low back pain.

80%



80% of participants experience a reduction in low back pain.*
(*Kiio Research Data)

Individualized, Evidence-based, Convenient



Individualized—the screening and risk assessment survey creates a personalized program just for you. Each exercise is selected for you and your back pain. Progress through the program is determined by your individual participation.



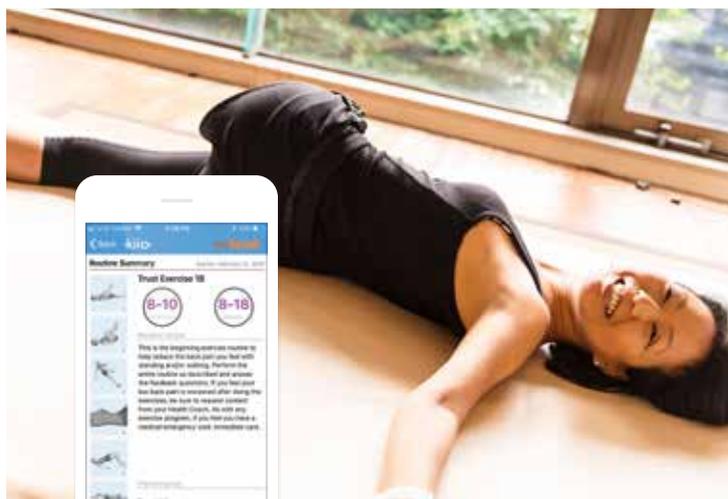
Proven Results—the multi-track, multi-level exercise programs use clinically proven methods to improve low back pain and reduce missed work days. Our Harmony Care Nurses are able to track your progress and are available to assist if you have any questions.



Convenient—whether you're at home or on the go, the WEA Trust Low Back Pain Program is accessible 24/7 on your tablet or smartphone. Select between a complete length routine or the express version, and follow along with your digital coach.



WEA Trust Low Back Pain Program
Powered by Kiio



How to Get Started

Signing up for the WEA Trust Low Back Pain Program is free, easy and convenient.

Visit WEAtrust.com/LowBackPain and click on “Sign Up Now” to register and complete a brief screening survey. You will know within seconds if you are approved, with a link to begin your personal program immediately.

You can access the WEA Trust Low Back Pain Program from your smartphone or tablet anytime, anywhere.



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