

Manage Back, Joint, and Pelvic Health with Free Virtual Exercises and Coaching

If you're struggling with pain, recovering from a surgery, or looking to prevent future pain and injury, BRMS' newly enhanced offering of HealthJoy's MSK Virtual Therapy is your answer. You can now get access to personal coaching, physical therapist programming, and industry-leading outcomes in less than 15 minutes per day. The best part? This program is completely free and requires zero equipment.

 **82%**
Pain Reduction

 **95%**
Member Satisfaction

 **85%**
Function Improvement

How Does It Work?

- ✓ Open the HealthJoy app and click "Manage Back, Joint, and Pelvic Health".
- ✓ Personalize your experience with a quick 5-minute survey.
- ✓ Begin your tailored movement and exercise program right away. If you are experiencing pain, you'll be paired with a personal coach and have an introductory phone call to start.
- ✓ Enjoy unlimited access to customized programming and coaching to meet your goals and ensure long-term success.



Ready to take control of your health?
Scan the QR Code to explore the HealthJoy app and visit brmsonline.com to learn how BRMS can support you!

