

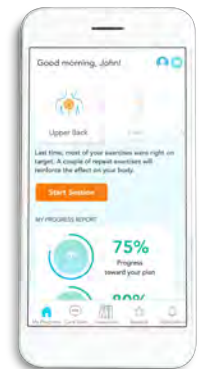
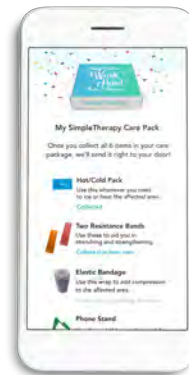
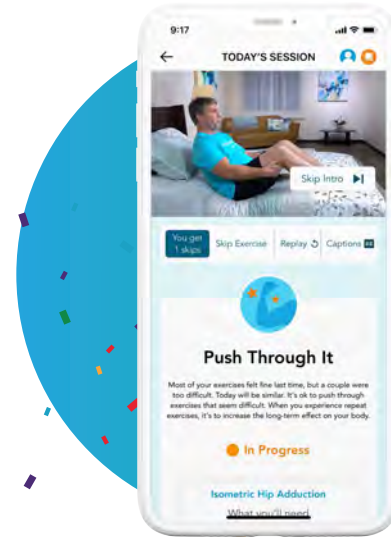
Join SimpleTherapy to Resolve Muscle and Joint Pain

SimpleTherapy combines a comprehensive digital program with live physical therapists to guide you to pain relief and prevention using targeted stretches and exercises personalized to your condition. Your feedback will modify your plan of care in real-time and adjust the difficulty of the exercises to help you progress at a pace that is comfortable for you.

SimpleTherapy's mobile application makes it easy to perform the recommended stretches or meet with your care team anytime, anywhere. There are over 1,500 exercises in the program to address and prevent pain from head-to-toe, including back pain, knee pain and more.

How does it work:

- 1 Meet with a licensed Physical Therapist to develop your care plan and follow the 15-minute video-guided exercise sessions 2-3 times a week.
- 2 Care plan is modified in real-time based on the member's feedback and functional limitations.
- 3 Receive a care pack in the mail and support from your dedicated care team to help you progress .
- 4 Lower pain levels and help members return to the things they love.



#thatwassimple



How to get started?



Download the SimpleTherapy app



Select your employer's name



Enter your name and date of birth

And don't forget!

SimpleTherapy is a FREE program available to Adept Fasteners employees.