

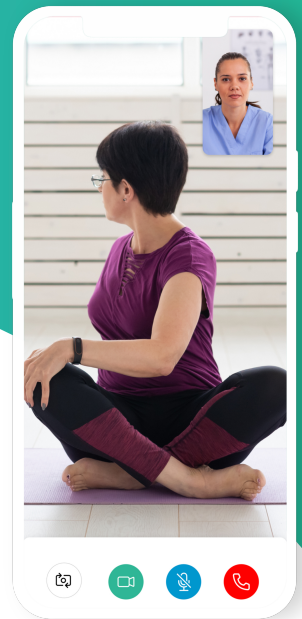
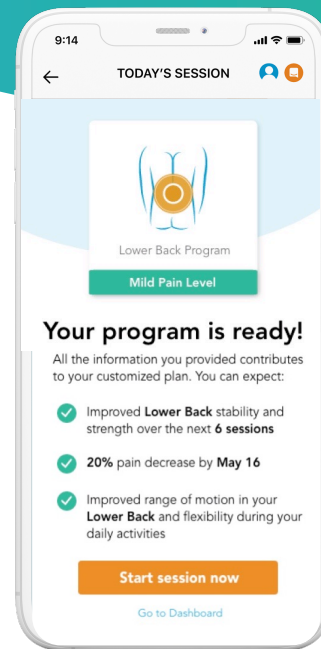
SimpleTherapy[®] provided to you by

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC

We've got your back!

And your neck, knee, shoulder, hip and more.

GW medical plan participants and eligible dependents (13 years and up) are able to participate in a digital muscle & joint care program effective 1/1/2022!



SimpleTherapy combines a comprehensive digital program with Live Physical Therapists to help you manage and prevent pain across 18 body parts through 5-15 minute exercise therapy sessions and Live PT consults. This employer-sponsored program includes unlimited coaching support, access to Physical Therapists, and a care pack filled with everything needed to address pain or prevent injuries anytime, anywhere.

What is it for?

- 1 Chronic Pain
- 2 Sprains & Strains
- 3 Pain Prevention

What do you get?

- ⚡ Less Pain
- 🏃 Better Mobility
- 😊 Improved Mood

Don't forget!

- 1 Accessible Anywhere
- 2 No Cost to You
- 3 Live Coaches & PTs

Activate your account today at NO COST to you!

SimpleTherapy.com/go/gw



*SimpleTherapy database of compliant users (2015-2019). SimpleTherapy does not offer medical advice, diagnosis or treatment, and is not a replacement for a physical therapist or doctor. Please consult with your physical therapist or doctor if you have any questions about incorporating the SimpleTherapy sessions into your health and well-being program. Your information is confidential.

Need Help? 1-800-644-2478 or support@simpletherapy.com

