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?
1. Less Pain
2. Better Mobility
3. 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