

Be an athlete at any age with help from RecoveryOne

Russ has always been an athlete and is determined to stay that way even as he gets older. In fact, he says his goal is to be a “retirement-age amateur athlete.” Although, there’s really nothing amateur about his lifestyle, including cycling, hiking and spending all his free time outdoors in beautiful Colorado.

When some old injuries started giving him trouble, and he found out about the arthritis in his hip, he decided to have hip replacement surgery. But after recovering from surgery, he still had pain. So when his doctor said his pain was coming from “stenosis” or arthritis in his low back, he knew he didn’t want to start with invasive procedures and decided to try RecoveryOne.™

After 12 weeks with RecoveryOne, he’s noticed improvements in his pain, strength, mobility and overall function. He attributes his success to the structure of the RecoveryOne program and the support of his care team, including the RecoveryOne physical therapists and his health coach.

Before starting RecoveryOne, Russ was having pain just squatting down to reach the lower shelf in his pantry, and he was considering having injections in his back. Now, he has his sights on a 28-mile cycle up Mount Blue Sky and maybe even a cycling trip to the Himalayas.

Russ’s results at a glance:*

- ✓ **Less pain**
(from 3/10 to 1/10 or less)
- ✓ **20-30%**
stronger
- ✓ **30-40%**
increased mobility
- ✓ **Better sleep and
quality of life**

RecoveryOne worked for Russ and it could work for you too. This benefit is included in your health plan at **no additional cost**.**



Get started at
recoveryone.com/start

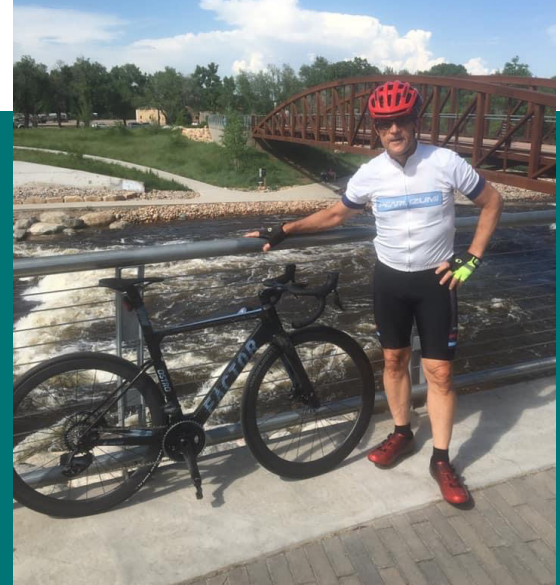
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This example is for illustrative purposes only. It is based on an actual customer experience. Information has been changed to protect privacy. Member results will vary.

*Member self-reported outcomes data

**Cost and usage of this program is covered by your plan administrator; no additional out-of-pocket expense applies for you or your covered dependents (ages 18+).



*“This training has opened me up
to put some new things on my
bucket list.”*

- Russ C.