Relief may be closer than you think

If you're struggling with muscle or joint pain, these resources are designed to help, and they're included in your health plan at no additional cost.



Musculoskeletal (MSK) support resources available to you



Kaia Health

Try Kaia Health for on-demand, personalized pain relief support with no scheduling, waiting rooms or traveling to a doctor's office. You'll get digital access to 1-on-1 health coaching, strengthening exercises, workouts and more, all tailored to your specific needs.

To get started, download the Kaia Health app or visit **startkaia.com/uhc.**



2nd.MD

Before you start treatment, it may be a good idea to get a second opinion. Connect directly with board-certified, leading doctors for an expert medical consultation via phone or video.

To schedule an appointment, go to **2nd.MD/dukeenergy** or call **1-866-269-3534.**



Specialist Management Solutions (SMS)

Considering surgery? Contact SMS for help finding an approved Centers of Excellence (COE) facility near you. Having your procedure at a COE may help reduce your out-of-pocket costs and give you a better chance at a successful outcome.



Not sure where to start?

Call myHealth Connect at 1-877-214-2930

Scan to watch a video that explains more about MSK support at myhealthconnectmsk.uhc4health.com







This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time. The Centers of Excellence (COE) program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct healthcare services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted healthcare professional or medical center.