

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

