

Learn more and join over **400,000 people** who have turned to Kaia for pain relief.

Start by visiting
startkaia.com/pebb

- **Set up your account** to begin building your pain profile
- **Fill out a pain assessment** so we can evaluate how pain is affecting you
- **Get your personalized plan** based on your assessment results
- **Jump into your Kaia Day 1** and see what Kaia is about

Administered by



Made to fit your life

Your program includes 12 weeks of pain relief in the convenience of a mobile app. With exercises you can do in minutes, fitting them into your day is easy.



Proven methods

Recommended by the American College of Physicians, Kaia's approach offers a drug-free option with exercises for the body and mind.



All costs covered

Because of our partnership with your employer, your insurance covers all costs of the Kaia pain relief program which means you can feel better without spending a dime.

Area must be left for Postage Label.
This must remain landscape.