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

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.

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