



kaia
health

Does pain keep you from living in the moment?

Pain relief is possible.

Providence and Kaia Health have teamed up to offer you and your dependents access to Kaia's acclaimed pain relief app — at no additional cost to you.

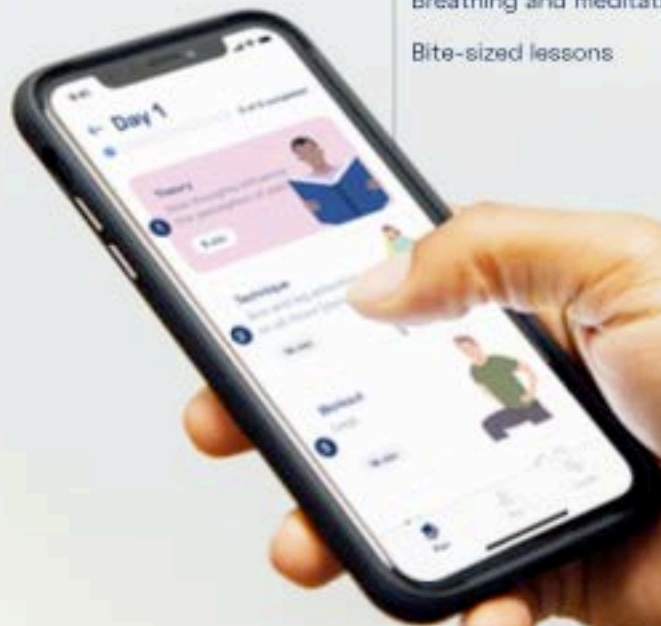
Kaia is dedicated to helping you live with less pain in your back, neck, shoulders, hips, and knees by delivering exercises, lessons, and relaxations in the convenience of a mobile app.



Brought to you by



- 1-on-1 health coaching
- Curated physical exercises
- Breathing and meditation
- Bite-sized lessons



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

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