



Live your life with less back and joint pain



Get advanced, personalized therapy at no extra cost

If you're living with back or joint pain, finding relief without surgery or injections can be hard. That's why we created the **Back and Joint Pain Guide program**. It may give you the extra support you need to feel better without leaving home. It's a six-week online program — available at no extra cost through Livara — using simple exercises that take about 15 minutes a day.

This personalized program focuses on helping you:

- Strengthen your muscles.
- Improve your posture and movement.
- Relieve back and joint pain.

How the program works

-  Talk to a personal health coach who will create an exercise plan for your exact needs and goals.
-  Access custom, at-home exercise videos you can follow anytime.
-  Receive support from a team of medical experts, including doctors and physical therapists, as they track your progress.
-  Get access to nutrition, mindfulness, and sleep counseling.



Enroll today to find long-term relief without surgery or injections. To sign up, visit backandjointguide.anthem.com or call 866-455-8417 from 8:30 a.m. to 5 p.m. ET, Monday through Friday.



Scan this QR code with your phone's camera to learn more.

Livara has helped more than 100,000 people find pain relief*

- Participants find their pain is reduced by an average of 51.4%.
- More than 70% of them have stopped taking narcotics for pain relief.
- Nearly **10 in 10 patients** would recommend Livara.

* Livara Health (accessed July 2023): livarahealth.com.

