

Take relief into your own hands.

Learn easy and effective ways to get relief for your neck and back pain.



Be your **Healthiest You**

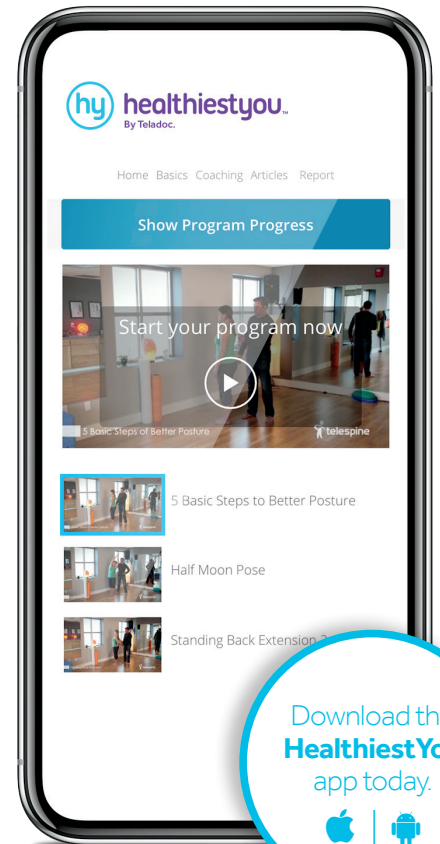
Build strength, reduce pain, and improve flexibility and posture without having to go to a physical therapist's office.

Our **FREE** Neck and Back Care program provides:

- Relief in just 10 minutes a day using our guided videos in the app.
- Expert support through certified coaches.
- Personalized progress monitoring to help you stay on track.

Here's how it works:

- 1 Click "Neck and Back Care" in the HealthiestYou app.
- 2 Complete a 5-minute assessment.
- 3 Contact a certified health coach for a personalized plan.



Download the HealthiestYou app today.

HealthiestYou.com | 866-703-1259

Teladoc Health, Inc., encompasses consumer brands: Teladoc, Best Doctors, Advance Medical, and HealthiestYou. Although the data contained in this document has been produced from sources believed to be reliable (as referenced herein), no warranty expressed or implied is made regarding accuracy, adequacy, completeness, legality, reliability, or usefulness of any information. Teladoc Health, Inc., shall not be held liable for any improper or incorrect use of the information described and/or contained herein and assumes no responsibility for anyone's use of the information. Further, inclusion of data derived from other sources does not constitute an endorsement by Teladoc Health, Inc. It is the responsibility of the user to evaluate the content and usefulness of information obtained from other sites.

HealthiestYou is now part of Teladoc Health, the global leader in virtual care. Teladoc Health, Inc., on its own behalf and on behalf of its affiliates and/or wholly owned subsidiaries including but not limited to Best Doctors, Inc.; HealthiestYou, Inc.; Teladoc Physicians, P.A., and Teladoc Behavioral Health, P.A. (collectively referred to as "Teladoc Health," "we," "us," or "our"), owns and operates the websites located at www.teladoc.com, www.bestdoctors.com, www.askbestdoctor.com, members.bestdoctors.com, www.healthiestyou.com, and various mobile applications (collectively, the "site" or "sites"). Through these sites we operate various online services that enable eligible individuals ("members") to receive various types of healthcare information and telehealth services ("services"). The sites also have public portions that allow anyone to educate themselves on the services available from Teladoc Health 372733805_09162019