

Free access to Kaia's virtual program to help with back pain

replaces high cost
of surgery,
addictive pain
killers and
physical therapy
with limited visits
and hours

Kaia Health: Digital solution to manage Musculoskeletal disorders



To help during these difficult times, Kaia Health has graciously **offered individuals in the hospitality sector a free license** to Kaia's back pain solution.

Using your own phone, follow the exercise program
any time, from anywhere.

Please go to this form
(full link: <https://forms.gle/pcqiZAStnMABdncw5>)
for more information and to sign up.

<https://www.youtube.com/watch?v=uGzhBhc6YuA>

Kaia's back pain program in 15 minutes a day

kaia
health™

There are no quick fixes when you live with chronic back pain. Getting back to living pain free is a marathon, not a sprint – but Kaia can help you get back to living pain free, in as little as 15 minutes per day. It's simple to use, and better yet, there's no travelling or appointments needed.



Use your own phone to follow the program wherever and whenever you want

Kaia has helped more than 400,000 users to date with the program

Consider Kaia your own, personalised back-pain therapy program – completely tailored and personalised to your body, pain and skill-level.



Kaia's back pain program key modules

Personal exercise plans

Just like a physiotherapist, Kaia recommends exercises tailored to your pain, your body and your lifestyle.



Mind over matter

Using the latest research in mindfulness and pain science, it helps both your brain and your body cope with pain.



Pain education

Understanding pain is the first step to managing pain. We'll teach you everything we know, Sensai.

