

Explore Your New Healthcare Benefit!

Important CareFirst BlueCross Blue Shield Benefits Announcement

The CareFirst Virtual Physical Therapy Program—powered by SimpleTherapy¹— helps you manage and prevent pain across 18 body parts, with personalized 15-minute exercise therapy sessions and live physical therapy consults². The program includes unlimited coaching support, access to physical therapists, and a care pack filled with everything you need to recover anytime, anywhere.

What is it for?

- Chronic Pain
- Inflammation
- Sprains & Strains

What do you get?

- Less Pain
- Better Mobility
- Improved Mood

Don't forget!

- Anytime, anywhere
- Care Pack Delivery
- Live Coaches & PTs

Activate your SimpleTherapy account today at SimpleTherapy.com/carefirst.

Already a member?

Share this letter with your family members so they can sign up and access this benefit, too.

How to Get Started

- **Download the SimpleTherapy app**
- **Create your account:** Select CareFirst and register your account.
- **Start relieving pain:** Complete your first session today!

Available to all MCG employees and their covered dependents age 13+ enrolled in the medical plan.

Register as a new member and/or complete 3 sessions per week during any calendar month to be automatically entered to win a \$25 Amazon gift card. Review complete rules here.



¹ SimpleTherapy is an independent company that is not affiliated with CareFirst BlueCross BlueShield and does not offer BlueCross BlueShield services.

² For many members, there is no cost-share for live physical therapy (PT) sessions. Members enrolled in a plan with a health savings account (HSA) may have a cost-share until they meet their deductible for that plan year.

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SUM6488-1N (10/22)