

kaia health

Pain relief in the palm of your hand

Kaia Health offers a groundbreaking **digital-first therapy** for back, joint, and chronic pain



You are not alone with musculoskeletal (MSK) pain

1 in 2 Americans have a musculoskeletal condition

1 in 3 Americans have back or neck pain

1 in 2 Americans have reported new or worsening pain after post-COVID

55%*
average pain reduction

* Kaia Health. Book of business analysis. 2023

✓ Unlimited Access

Access to digital therapy and expert human guidance anytime, anywhere through the Kaia mobile app.

✓ Complete Clinical Care

Real-time exercise feedback via Motion Coach™ — no sensors or wearables needed.

✓ Personalized Support

Custom exercises, relaxation techniques, and educational content to help manage pain holistically.

Scan the QR code to learn how Kaia is here to help



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