



Recover with **Virtual Physical Therapy & Rehabilitation**

Take charge and recover from nearly any place.

Healing can be tough with many in-person visits and vague paper workout programs. ASHCare!™ Virtual Physical Therapy & Rehabilitation program helps make physical therapy easy.

Enjoy program features like:



Live, virtual sessions with a physical therapist. They will listen to your feedback, gauge your needs, and lead your plan for healing.



A Member Concierge who is on hand to answer questions, set up sessions, collect any cost share, and help you through the program.



Ongoing contact with your virtual physical therapist. You can call, text, and email to get answers between sessions.



A Clinical Health Coach who can help you point out and reset the way your mind views pain.



A custom Home Exercise program with helpful videos. Learn safe movements that help your health issue.



A Well-Being Coach who guides you in areas like healthy eating, stress, weight control, and more.

Questions?

Call **888.990.2746** to speak with a digital assistant who can answer your questions. They can also connect you to a Member Concierge to check if you are eligible for the program and get started.