



Take relief into your own hands.

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



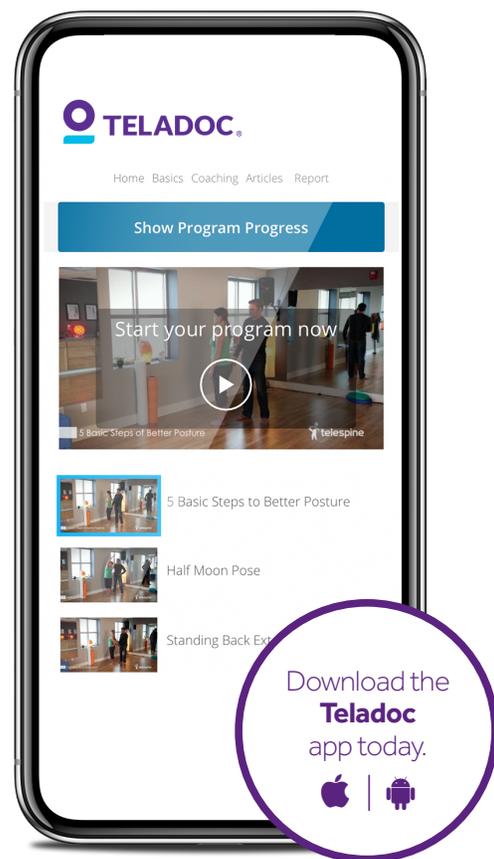
Build strength, increase flexibility, and improve posture without having to go to a physical therapist's office.

Our 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 Teladoc app.
- 2 Complete a 5-minute back health assessment.
- 3 Contact a certified health coach for a personalized plan.



Start finding relief today

Visit teladoc.com/unitedag

Call 1-800-TELADOC (835-2362) | Download the app  

Not available for HSA plan participants