

SimpleTherapy

Your Total Solution for Back, Joint and Muscle Pain Relief

Effective May 1, 2024, your chiropractic and acupuncture benefits, as well as your virtual physical therapy program, will all be managed under the name **SimpleTherapy**.

What's New?

In addition to your existing in-person chiropractic and acupuncture benefits, Labor Alliance Managed Trust Fund is offering the SimpleTherapy virtual physical therapy program. Whether you're dealing with chronic pain, recovering from an injury, or facing a strain or sprain, you can access personalized, virtual exercise therapy sessions anytime.

Meet SimpleTherapy

In 2022, PhysMetrics joined forces with SimpleTherapy. Today, both companies are united as SimpleTherapy. What does this mean for you? You can choose how you want to prevent, treat, and manage your pain—either in person or through your smartphone, laptop, or tablet. Starting May 1, you'll also be able to access all your in-person and virtual benefits from one website!

Frequently Asked Questions

Have my chiropractic and acupuncture benefits changed?

No. Your benefits remain the same, a \$5 copay per visit, and a total of 20 visits per calendar year.

How can I learn more about my benefits?

After May 1, you can access your in-person and virtual physical therapy benefits from one website www.simpletherapy.com/go/lamt.

What's included in the virtual physical therapy program?

In addition to 15-minute guided exercise sessions accessible anytime, anywhere, the SimpleTherapy virtual



physical therapy program offers unlimited coaching support, one live virtual visit with a physical therapist, and a care pack filled with everything you need for successful pain relief.

How can I start virtual physical therapy?

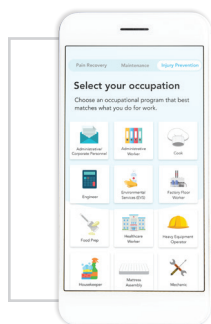
Either scan the QR code below, or visit www.simpletherapy.com/go/lamt to create your free account. Please make sure to download the app so you can access the program wherever you are.

How much does the SimpleTherapy program cost?

This benefit is part of your health care benefit package through the Labor Alliance Managed Trust Fund.

Anything else I should know?

Yes! You have a chance to win a \$25 Amazon gift card. You'll automatically be entered in the drawing when you register to become a new SimpleTherapy member. You can also earn another chance to win by completing weekly sessions (3 per week for a calendar month).



Ready to start your journey to pain relief?

Visit www.simpletherapy.com/go/lamt today! >>>>

