

Relief starts this week,  
*from the comfort of home.*

Your doctor has referred you to  
virtual physical therapy.

We'll call or text you within 24 hours  
to get started.



## What is Virtual PT?

No Co-Pays!

**No apps. No downloads. No passwords.**

Easy to use, even if you're not tech-savvy.

Your licensed therapist will coach you live on video  
and create a customized treatment plan to get  
you better, faster.

## How does it work?

Our patients range up to age 99—and  
most say it's easier than a Zoom call.



Scan QR code  
to watch a  
demonstration.

1

**Meet your dedicated therapist**  
for a 1-on-1 telehealth evaluation

2

**Perform your sessions** at home, at a  
time that's most convenient for you.

3

**Get continuous support** through  
monitoring & texting with your PT anytime.

No scheduling, driving or wait times.

Call, text or email us with any questions:  
888-599-5585  
[support@lainahealth.com](mailto:support@lainahealth.com)

 **LainaHealth**  
[www.lainahealth.com](http://www.lainahealth.com)



**Nga Do N.**

68, Chronic Knee Pain

*"I don't even know how to turn on my TV, but I could easily do virtual physical therapy with LainaHealth."*



12 weeks  
100% disability reduction



**Nick W.**

46, Chronic Hand Pain

*"Being able to communicate with my therapist anytime gave me confidence throughout my entire recovery."*



12 weeks  
60% disability reduction



**Elizabeth S.**

66, Chronic Back Pain

*"The combination of flexibility and personal engagement made a real difference for me."*



13 weeks  
50% disability reduction

## Common questions

### What is Virtual PT?

Real physical therapy with licensed professionals, done over video from home.

### How much does it cost?

\$0 copay for Hoag HMO patients. No surprise bills.

### Will it actually help my pain?

Yes! Our patients average 66% reduction in pain—Research shows virtual PT is as effective as in-person PT.

### Is it safe for someone my age?

Yes! Our patients range in age up to 99 years old, with an average age of 60. Your physical therapist will evaluate you first, then guide you through a custom exercise plan— Safety is always our top priority.

### Will someone watch me and guide me?

You'll meet 1-on-1 with your PT and get a personalized plan. They'll coach you and check in regularly.

### Do I need to install anything or use fancy equipment?

Nope! No apps, no downloads, no equipment. Just tap the link we text you.

### When will I get started?

Within 24 hours of your referral, we'll call or text you to schedule your first session.

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888-599-5585

[support@lainahealth.com](mailto:support@lainahealth.com)



[www.lainahealth.com](http://www.lainahealth.com)