



# Compassionate Care From Anywhere

## Chalk Mountain Services Health Plan Members

You and your dependents over 12 can access **FREE** and **UNLIMITED orthopedic care and physical therapy** from a team of highly specialized **Doctors of Physical Therapy**.

Learn more about your new orthopedic care benefit below.



### About Us



The Aware Health clinical team is based across the US to enable **on-demand virtual orthopedic care**. Our goal is to help you **manage pain, prevent injuries, and stay healthy** in and out of the classroom. Our orthopedic specialists will work with you one-on-one to build a personalized plan tailored to your specific needs. Learn more about our services below.

### Our Services



#### Acute and Chronic Pain

Proactively care for your body by improving strength, sleep balance, mobility, nutrition and more



#### Second Opinions

Consult with orthopedic specialists on imaging and surgery to understand the best pathway for you



#### Urgent Fall or Injury?

Hurt yourself? Text or call (925) 444-0561 for immediate assistance



#### Pre and Post Op Care

When surgery is necessary, get unlimited pre and post op support from the comfort of your home



#### Women's Health

Receive support pre and post pregnancy and during menopause, including pelvic floor strengthening



#### Health and Wellness

Reduce mental strain through movement, positive coping strategies, and goal setting practices

### How to Sign Up

Scan to book  
your free  
orthopedic  
consult



#### AWARE USER TESTIMONIAL

"I would describe this physical therapy experience as life-changing. I've been able to alleviate an issue I've been dealing with for 10 years. The virtual nature has made it convenient to have regular appointments.

I love the app we can use to track our exercises, which helps with consistency and motivation."

Sign up today for your **FREE** orthopedic consultation



925 444-0561



<http://chalk.awarehealth.io/>



[support@awarehealth.io](mailto:support@awarehealth.io)