



# 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**