



# Welcome Guide



# Welcome Chalk Mountain Services!

## Your Guide to Aware Health

The body can experience pain in any location. In fact, it's quite common! More than 50% of Americans feel pain everyday. If you're experiencing pain in your spine, joints, muscles, or pelvic region **Aware can help!**

Our platform couples the human guidance of Doctors of Physical Therapy with technology to accurately diagnose the causes of your pain, combining several steps into one for quick recovery. You'll be paired with an expert partner throughout the journey of meeting goals that **you create**. The same clinician meets with you each time and delivers a custom treatment plan, all from the convenience of your smartphone or laptop. Aware is available to you and eligible family at **no cost** and your treatment details are kept **strictly confidential**.

Aware is an end-to-end solution, usually the **first and only step needed to recover**.

## One Stop Shop for Whole Body Care

### Back & Neck Pain

.....● Herniated discs, sciatica, muscle strains

### Joint Pain

.....● Knee, hip, shoulder, elbow, wrist, and ankle pain

### Pelvic Floor Dysfunction

.....● Incontinence, postpartum recovery, post-prostate surgery rehabilitation

### Second Opinions

.....● Second opinions for orthopedic surgery

### Post-Surgical Rehabilitation

.....● Guided recovery following orthopedic surgeries

### Chronic Pain Management

.....● Osteoarthritis, fibromyalgia, persistent pain conditions

### Pre-Hab

.....● Prepare a patient for orthopedic surgery

### Balance & Fall Prevention

.....● Strength training and mobility exercises

### Movement-Based Therapy

.....● For chronic conditions like diabetes, hypertension, obesity

# Fell and think you fractured a bone?

We can save you time and cost by avoiding a trip to urgent care or the emergency room.



## What to Expect

### Tailored Care to Feel Better, Faster



Available to **all employees** and your dependents 12 and up



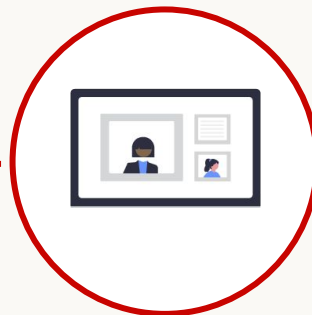
**FREE** care - **NO co-pays** and insurance **NOT** billed

#### Feel Pain?



*Scan this QR code to schedule with us*

#### Video Chat with Our Clinicians



*Receive a diagnosis and get treatment*

#### Complete Program



*Recover fast and return to life!*

### Get started with the QR code above.

We are open 7am to 7pm PST Monday to Friday, or call/text (925) 444-0561 for an urgent appointment outside of business hours including weekends.



Chalk Mountain Services employees, Aware is offering a **\$20 Amazon gift card** for scheduling and attending your first appointment. Just mention to your clinician at your appointment that and we will email you the card!

**Not sure about QRs? Click here to schedule today: [chalk.awarehealth.io](https://chalk.awarehealth.io)**

*\*Aware Health does not provide notes for absences from work.*