



Virtual Physical &  
Occupational Therapy  
Program Through



# Recover with Virtual Physical Therapy and Occupational Therapy

**Take charge and recover from the comfort of home.**

Healing can be tough, with many in-person visits and vague paper instructions. The ASHCare™ Virtual Physical Therapy and Occupational Therapy program helps make recovery easy. You can attend sessions using your cell phone, tablet, or computer. No app download is needed!

**Enjoy these program features:**



Live virtual sessions with a dedicated physical or occupational therapist. Your Virtual Provider will listen to your feedback, gauge your needs, and lead your plan for healing.



Ongoing contact with your Virtual Provider. You can call or email between sessions to get answers to your questions. Sessions are available 80 hours per week, so you can find a time that works best for you.



A custom Home Exercise program with videos teaching safe movements to help with your health issue.



Access to a Concierge to answer questions, set up sessions, and help you through the program.



## Questions?

Visit [www.ashcare.com/vptr/cigna](http://www.ashcare.com/vptr/cigna) or call **888.975.2746**  
to see if you're eligible and to get started.

*A copay may be required to participate.*

Program participation is subject to eligibility and the terms and conditions of your benefit plan.

A PRODUCT OF  
 American Specialty Health®

M190-054B-CIG 8/24 © 2024 American Specialty Health Incorporated (ASH). All rights reserved. The ASHCare Virtual Physical Therapy and Occupational Therapy (VPTOT) program is provided by American Specialty Health Digital, Inc., ASHCare Virtual Services, Inc., and their affiliates, all subsidiaries of ASH. ASHCare, the ASHCare logo, and the A Product of American Specialty Health logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. The VPTOT program is not available in all states for all specialties. This program is subject to regulatory approval. Not all conditions are suitable for the ASHCare VPTOT program. If this applies to you, your Virtual Physical or Occupational Therapist will inform you.