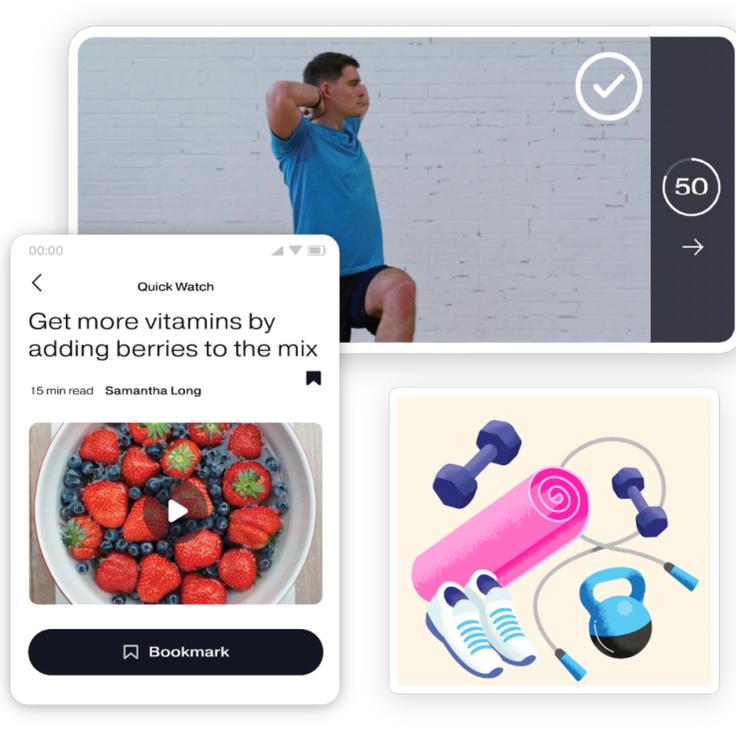


# Introducing Symmio

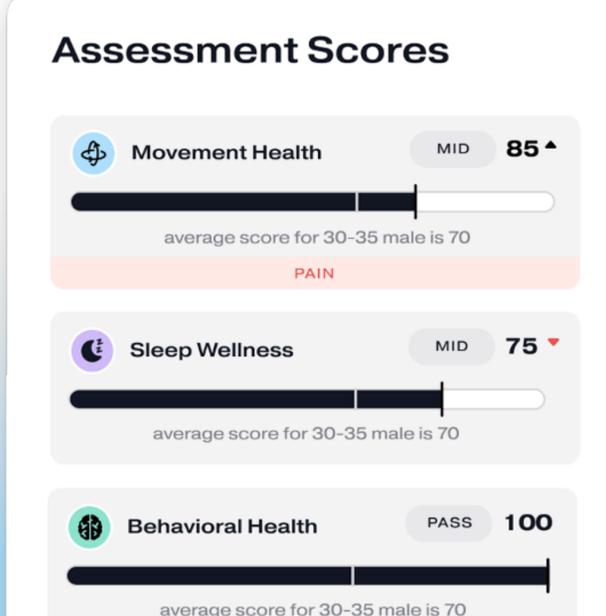
We are pleased to announce we are offering employees free, unlimited access to Symmio, a total wellness musculoskeletal (MSK) app-based system that helps you balance mental, emotional, nutritional, and physical health.



# Why Are We Asking Our Team to Use Symmio?

We're making this investment to keep our team happy and healthy by preventing injuries before they occur. Whether you are trying to correct and heal a painful muscle movement or just interested in monitoring your health more closely, Symmio provides expert guidance, informative content, and short daily program sessions to restore or prevent pain free movement.

Symmio adapts to you. It doesn't matter if you are trying to get out of bed without aches or if you are training for a marathon, Symmio will tailor its guidance to your particular goals.



# How Do I Try It?

It's easy to get started using Symmio.

- 1 Download the app from the Apple App Store or the Google Play store.
- 2 Take the movement and lifestyle health assessment.
- 3 Check out your results and get ongoing customized wellness feedback.

**Let's Go**



# Try Symmio Today

Symmio will help you discover your full potential while keeping you focused on meeting your wellness goals in an easy-to-use app available on any mobile device.



[View in browser](#)

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