

Ready to get started?

Meet Our Certified Symmetry Practitioners and Schedule Your Appointment Today!



Scan code to read practitioner bios and schedule your appointment.

Or visit:
manateeyourchoice.com/wellbeing-programs/alignsmart



(916) 467-7764 • info@alignsmart.com
alignsmart.com

Fix Pain at the Source—With Measurable,
Personalized Postural Correction





**Manatee
YourChoice Health
Plan has partnered
with AlignSmart® -
a patent-pending
system for postural
assessment and
corrective exercise,
to rid you of your
chronic issues.**

If you are dealing with pain, stiffness, or just not feeling your best, your posture might be part of the problem. AlignSmart helps you understand how your body is aligned and where things might be off, and then gives you a clear plan to fix it.



Using a simple assessment and personalized corrective movement program, AlignSmart gets to the root of what is holding you back. No guesswork, no quick fixes.

Just smart, measurable steps that help you move better and feel stronger everyday.

What do you get?

The AlignSmart® program provides all the tools and support you need to improve posture and prevent injury.

What's included:

- **5 free posture assessments** using AlignSmart's measurement system
- **5 free personalized** corrective exercise plans that adapt with progress
- **Additional assessments** and plans are \$25 each after the 5 free in a given year
- **Free access** to the AlignSmart app for tracking and updates
- **The AlignSmart Experience** online course on alignment and movement
- **Ongoing support** from Certified AlignSmart Practitioners
- **Practical** movement skills for long-term injury prevention

