



IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

Make a positive, powerful change in your life

Sign up for Hinge Health, and be a movement person. Get virtual physical therapy and more, to reduce everyday joint and muscle aches, recover from injury, and improve your mobility.

Specialized care, personalized for you

- **1-on-1 support**
From a physical therapist or health coach.
- **A care plan**
Designed by your physical therapist for your everyday activities and busy life.
- **All costs covered**
You earned Hinge Health benefits through your employer. There's \$0 cost to you.

Sign up today.

Scan the QR code or visit:

hinge.health/enroll-oe



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

*Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of your first exercise therapy session. Users may receive an alternative item if the featured item is unavailable.

Employees and dependents 18+ enrolled in the company-sponsored health insurance plan are eligible.

Los participantes deben tener 18+ años y estar inscritos en un plan médico a través de su empleador.

\$0
cost to you



NEW MEMBERS ONLY

Start your program, and get a massage gun on us!*

