Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy at no cost to you. On average, participants reduce their pain by 68%.1

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

Your family may be eligible, too!

To learn more and apply, scan the QR code or visit hinge.health/asus

Questions? Call (855) 902-2777

Employees and dependents 18+ must be enrolled in a medical plan through Arkansas State University System to be eligible.