



Overcome muscle and joint pain without drugs or surgery

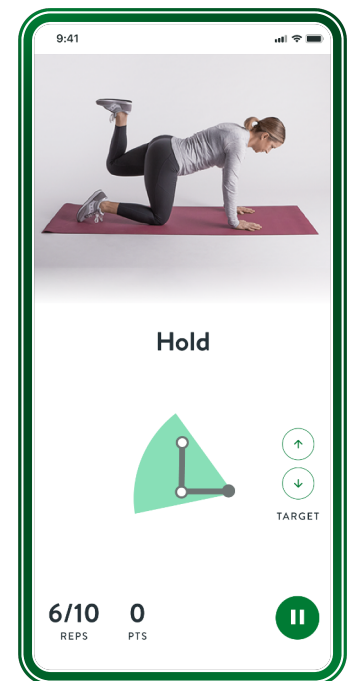
Hinge Health gives you all the tools to get moving again from the comfort of your home. You'll get exercise therapy tailored to your needs, live feedback in our app, and access to a personal coach and physical therapists.

Best of all, this benefit is **at not cost to you — 100% covered by your employer** for you and eligible family members 18+.

Get help for back, knees, hip, feet, neck, shoulder, and more.

- Conquer pain or limited movement
- Recover from a past injury
- Reduce stiffness in achy joints

On average, Hinge Health participants cut their pain by **68%***!



Eligibility: Employees and dependents 18+ enrolled in your employer's medical plan are eligible.

*Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).