



# Conquer back or joint pain without drugs or surgery

You and your eligible family members get **free access** to Hinge Health's programs for **back, knee, hip, shoulder, or neck pain**, which include:

- A free tablet computer and wearable sensors
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

**Over 35,000** members have participated in our programs so far, and cut their pain by over 60%!

Eligibility: Employees and dependents 18+ enrolled in a SISC/Blue Shield PPO medical plan.

