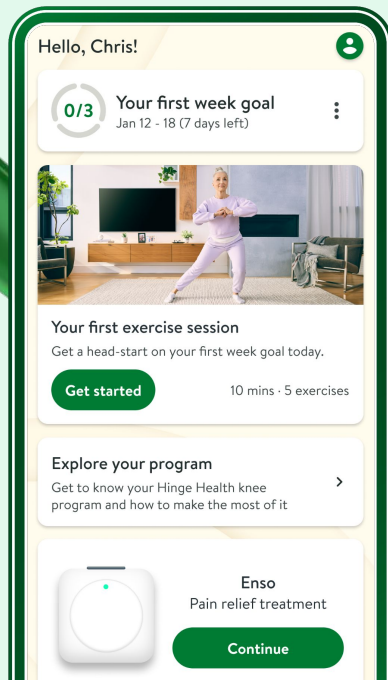
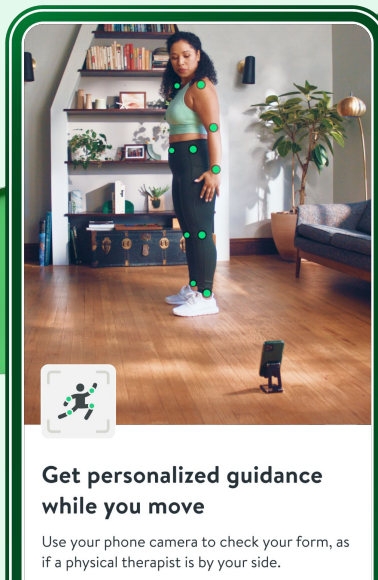


# Say goodbye to pain with Hinge Health — your no-cost benefit

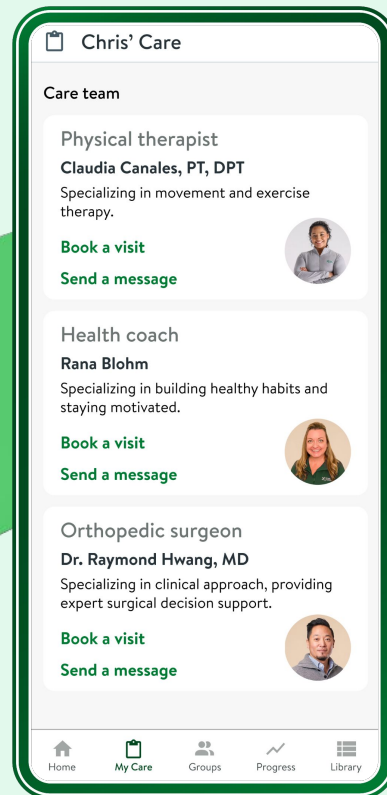
Easy access  
through one app



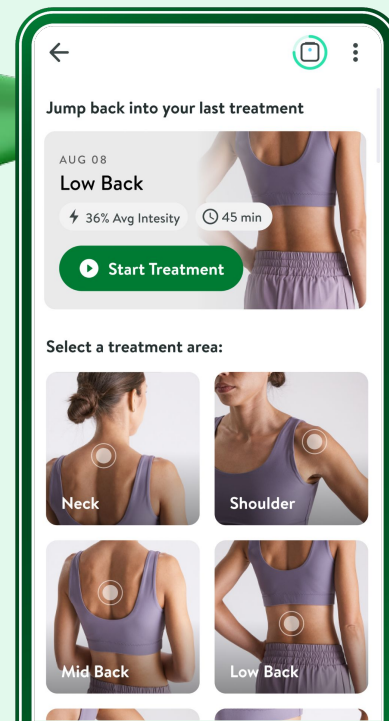
Guided exercises  
with motion tracking



Physical Therapist-led  
expert care team



Non-addictive  
pain relief





# Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy **at no cost to you.**



To learn more and apply, scan the QR code or visit  
**[hinge.health/for-individuals](https://hinge.health/for-individuals)**

Participants must be 18+ and enrolled in a medical plan through their employer.

**\$0**  
cost to you

