





## 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 150,000 members have joined our programs so far, and cut their pain by over 60%!

Eligibility: Employees and dependents 18+ enrolled in a BCBSTX UTSelect medical plan.

