



Join now
Get a yoga
mat on us!



*Restrictions apply. See below.



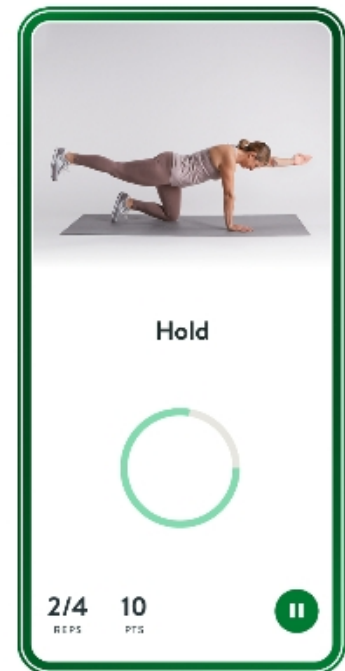
Ready, set, enroll!

Annual enrollment is almost here.

Join Hinge Health for exercise therapy without leaving home. No copays. No office visits. Reduce your back and joint pain in just 15 minutes a day. Best of all, there's no cost to you — your Hinge Health benefit is 100% covered by your employer.

Join Hinge Health to:

- Overcome pain or limited movement
- Recover from a recent or past injury
- Keep your joints healthy and pain free



Enrollment opens January 1, 2024!

Scan the QR code to learn more!

hinge.health/resources

Questions? Call (855) 902-2777

*Eligibility to receive yoga mat is based on the program in which you are placed.

Employees and eligible dependents must be 18+ and enrolled in a medical plan through their employer.