



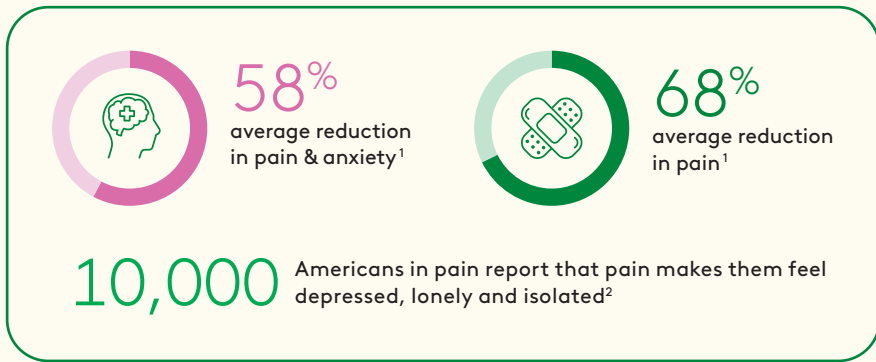
Relieve your pain, calm your mind

\$0
cost to you



Hinge Health offers access to virtual physical therapy and more

Get relief from muscle and joint pain and start living without chronic pain. Access virtual physical therapy, and more, anytime through the Hinge Health app. Soothe your body, ease your mind, and help reduce signs of depression and anxiety with a care plan designed for your needs.



Pain can take a toll. It's time to get back in control.



Dedicated care team
Your physical therapist and health coach are available to encourage you every step of the way.



Personalized plan
Your care plan includes exercises designed by a licensed physical therapist to help ease your chronic pain, help your overall wellbeing, treat multiple areas of your body at once, and adapt as your needs change.



Convenient
The Hinge Health app gives you flexibility and access so you can skip the waiting rooms, skip the referrals, skip the copays.



Enroll today by scanning this code or visit hinge.health/mentalhealth

Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

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Hinge Health está disponible en español
Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.