

\$0
cost to you

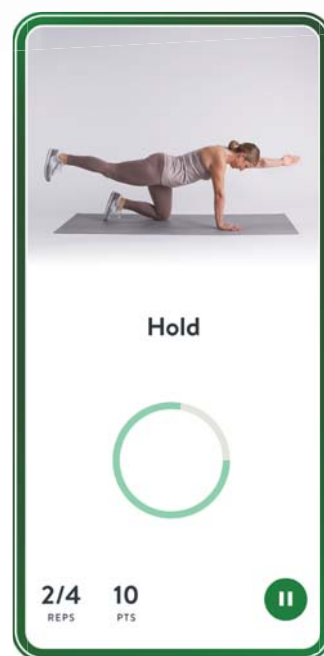


Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy
at no cost to you. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction
- Pelvic floor care for pregnancy and postpartum, bladder control, and pelvic muscle strengthening

Your family may be eligible, too!



To learn more and apply, scan the QR code or visit
hinge.health/sisc

Questions? Call (855) 902-2777

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

Available for free to employees, dependents 18+, and pre-65 retirees enrolled in an Anthem PPO or Blue Shield PPO medical plan with SISC as their primary insurance.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.