

100% covered

One app. So many ways to reduce pain.

Most of us don't have just one ache. It's the lower back after a long week, the shoulder that flares at your desk, the migraine that shows up uninvited. Hinge Health was built for all of it.

Hinge Health offers access to app-based virtual physical therapy and more, including a personalized exercise program, a dedicated care team, and real-time guidance that shows you you're doing it right.

The best parts: You can use Hinge Health on your schedule, wherever you are, right from your phone.

Your program includes care for:

- ✓ **Muscle and joint pain**
Ease back, neck, shoulder, knee, and joint pain at home.
- ✓ **Pelvic Floor Therapy**
Treat pelvic floor leaks, pain, and postpartum recovery.
- ✓ **Migraines**
Prevent and reduce migraines with Hinge Health migraine care.
- ✓ **Injury recovery**
Bounce back from a new strain, sprain, or pulled muscle.
- ✓ **Menopause**
Relieve hot flashes, sleep issues, joint pain, and more.
- ✓ **Enso®**
Soothe pain with the FDA-cleared Enso wearable.*



For more about your benefit, scan the QR code or visit:

hinge.health/mtm-myprogram

Questions? Call (855) 902-2777

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.

Hinge Health está disponible en español

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

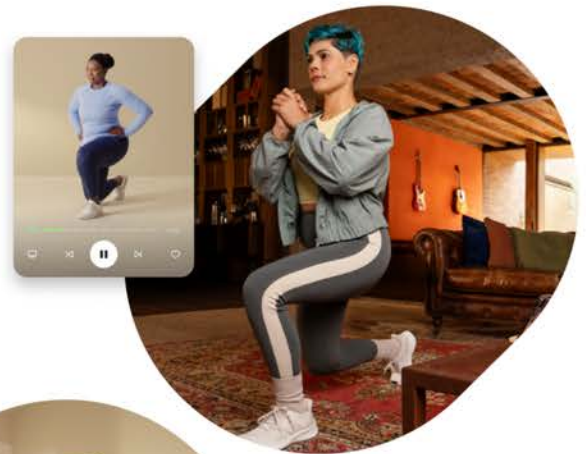
Employees, COBRA, and dependents 18+ enrolled in a UMR medical plan through MTM are eligible. Space is limited. If you need help with pain or an injury, then you will go through a clinical questionnaire to make sure our program is the right fit. Our program to stay healthy and pain free has no clinical requirement, and is open to all 18+ members on the medical plan.

Los empleados, COBRA y dependientes mayores de 18 años inscritos en un plan médico UMR a través de MTM son elegibles. El espacio es limitado. Si necesita ayuda con el dolor o una lesión, pasará por un cuestionario clínico para asegurarse de que nuestro programa sea el adecuado. Nuestro programa para mantenerse saludable y sin dolor no tiene ningún requisito clínico y está abierto a todos los usuarios mayores de 18 años del plan médico.

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

**Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of a qualifying number of exercise therapy sessions. Users may receive an alternative item if the featured item is unavailable.

¹Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10,264)



68%
Avg. reduction
in pain¹



Get an insulated Stanley® on us!**

Start your program, and do a few introductory exercises to get an insulated Stanley® on us.