

\$0
cost to you



Join now
Get a yoga
mat on us!



*Restrictions apply. See below.

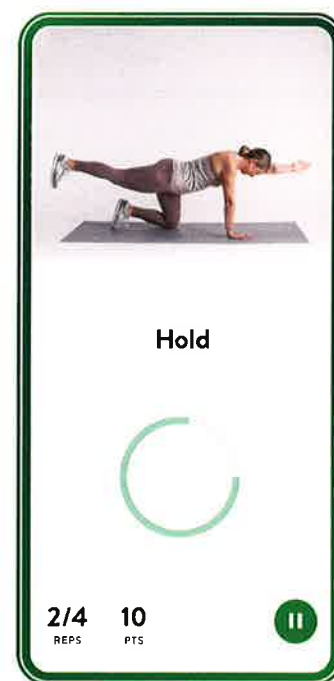


Reduce back and joint pain without drugs or surgery

You're eligible to join Hinge Health. Overcome back, knee, and other joint and muscle pain at **no extra cost to you**. Your family may be eligible too. Programs include:

- Personalized exercise therapy
- Unlimited 1-on-1 health coaching
- Motion tracking technology for instant feedback on your form

On average, participants reduce their pain by 68%!¹



Scan the QR code to learn more or apply at
hinge.health/northeastisd

Questions? Call (855) 902-2777

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

Employees and dependents 18+ enrolled in a medical plan through North East Independent School District are eligible.

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.