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**Conquer back or knee pain with Hinge Health**

Waste Management is excited to announce their partnership with Hinge Health to offer their digital programs for back, knee, or hip pain. Their programs are available to you and your eligible dependents at no cost and provide all the tools you need to learn to manage your pain, including a free tablet computer and wearable sensors. You’ll have access to a personal health coach, convenient exercise therapy, and education articles to help you understand your condition and treatment options. Join over 30,000 participants who have conquered their pain with Hinge Health, reporting their pain reduced by over 60%! Visit [hingehealth.com/wmwellness](http://hingehealth.com/healthyschools) to learn more and apply!

**Short version:**

Conquer back, knee, or hip pain with Waste Management’s new digital programs through Hinge Health! The programs are free and include all the tools you need to conquer your pain, including convenient exercise therapy, a personal health coach, and education. Apply at [hingehealth.com/wmwellness](http://hingehealth.com/healthyschools)