

# Option 1:

**Suffering from chronic pain?**   
Don’t miss out on Hinge Health, a **free** new benefit we’re offering you and your covered family members as part of your medical plan with BCBSTX. [Click here to learn more and apply](http://hingehealth.com/tamuswellness)!

Hinge Health is an innovative digital therapy program to help you conquer your back, knee, hip neck, or shoulder pain, without drugs or surgery. Best of all, you can do it at home - no need to schedule PT appointments.

The program includes:

* Unlimited 1-on-1 health coaching
* Personalized exercise therapy
* A free tablet computer and wearable motion sensors

Past participants report a 60% reduction in pain. Visit [**HINGEHEALTH.COM/TAMUSWELLNESS**](http://hingehealth.com/tamuswellness) to enroll today!  
  
**Eligibility requirements:** Employees and dependents 18+ enrolled in an A&M System medical plan through Blue Cross and Blue Shield of Texas are eligible.

# Option 2:

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

The A&M System is excited to announce we are partnering with Hinge Health to offer their digital programs for back, knee, hip, neck, or shoulder 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.

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 35,000 participants who have conquered chronic pain with Hinge Health, reporting their pain reduced by over 60%! Visit [**HINGEHEALTH.COM/TAMUSWELLNESS**](http://hingehealth.com/tamuswellness) to learn more and apply!

Please contact [hello@hingehealth.com](mailto:hello@hingehealth.com) or call (855) 902-2777 with any questions.

**Eligibility requirements:** Employees and dependents 18+ enrolled in an A&M System medical plan through Blue Cross and Blue Shield of Texas are eligible.