**Dealing with back or joint pain?**

* Hinge Health is a **completely free** digital benefit that Tyson Foods offers to all team members and dependents 18+ enrolled in the Tyson Foods Group Health Plan.
* They offer programs for chronic **shoulder, neck, back, knee, and hip** pain.
* This program only takes 45 minutes per week and the average participant reports a 60% pain reduction by the end of the program.
* The program includes:
  + A tablet computer and wearable motion sensors
  + Personalized exercise therapy
  + Unlimited 1-on-1 health coaching
* You can visit <http://www.hingehealth.com/tysonstretch> to apply