Hinge Health Program Blurbs

Option 1 (SHORT):

Suffering from chronic pain? Don’t miss out on Hinge Health, a benefit we’re offering as part of your A&M System medical plan. Hinge Health is an innovative digital therapy program to help you get relief from back, knee, hip, neck, and shoulder pain - without drugs or surgery. You can learn more about the program and apply by [clicking here](http://hingehealth.com/tamus)

Option 2 (SHORT):

Conquer back, knee, hip, neck, or shoulder pain with our digital exercise therapy programs, offered through Hinge Health. The programs are completely covered for you as part of your A&M System medical plan, and include all the tools you need to conquer your pain, including convenient exercise therapy, a personal health coach, and education. Apply today at [hingehealth.com/tamus](http://hingehealth.com/tamus).

Option 3 (MEDIUM):

Suffering from chronic pain? Don’t miss out on Hinge Health, a benefit we’re offering as part of your A&M System medical plan. 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

[Click here](https://www.hingehealth.com/tamus) to learn more about the program and apply.

Questions? Feel free to call (855) 902-2777 or e-mail [help@hingehealth.com](mailto:help@hingehealth.com)