



Suffering from chronic pain?

Hinge Health is an innovative, coach-led, digital therapy program to help you conquer chronic back, knee, hip, neck, or shoulder pain — from the convenience of your home.

The program is covered as part of your SISC-sponsored Anthem PPO or Blue Shield PPO medical plan, and includes:

- **Unlimited 1-on-1 coaching**
- **Personalized exercise therapy**
- **Free tablet & wearable sensors**

Learn more and apply today at:

HINGEHEALTH.COM/HEALTHYSCHOOLS

