****

## Option 1 – Long Version

SISC is excited to announce we are continuing to partner with Hinge Health to help you conquer back and joint pain, recover from injuries, prepare for surgery, or stay healthy and pain free. Best of all, Hinge Health's programs are **provided at no cost** to you and your eligible dependents 18+ enrolled in an Anthem PPO or Blue Shield PPO medical plan with SISC.

Hinge Health provides all the tools you need to get moving again from the comfort of your home. Here are some of the ways your treatment plan could be tailored to you:

* Get a personal care team, including a physical therapist and health coach
* Schedule as many personal physical therapy sessions as needed
* Receive wearable sensors that give live feedback on your form in the app
* Get a second opinion on your recommended surgery and treatment plan

If you don't have pain and are just looking to stay healthy, you can sign up for their free app. Recommended exercises will be tailored to you based on your job and lifestyle.

Visit [hingehealth.com/healthyschools](http://hingehealth.com/healthyschools) to learn more and sign up. For questions, you can call Hinge Health at (855) 902-2777 or send an email to hello@hingehealth.com.

*Eligibility: Available for free to employees and dependents 18+ enrolled in an Anthem PPO or Blue Shield PPO medical plan with SISC. HSA plan members will be subject to additional costs based on deductibles.*

## Option 2 - Short Version

SISC is excited to announce we are continuing to partner with Hinge Health to help you conquer back and joint pain, recover from injuries, prepare for surgery, or stay healthy and pain free. Their programs are available to you and your eligible dependents 18+ enrolled in an Anthem PPO or Blue Shield PPO medical plan with SISC **at no cost** and provide all the tools you need to get moving again from the comfort of your home. Your treatment plan will be tailored to you, and could include one-on-one physical therapy sessions, and wearable sensors to give live feedback on your form in the app. Visit [hingehealth.com/healthyschools](http://hingehealth.com/healthyschools) to learn more and sign up today!

*Eligibility: Available for free to employees and dependents 18+ enrolled in an Anthem PPO or Blue Shield PPO medical plan with SISC. HSA plan members will be subject to additional costs based on deductibles.*