# Last Chance Email

FROM: Institution Wellness Leaders

SUBJECT: Space is still available in SISC’s new program for chronic pain

Send to: All employees on an Anthem PPO or Blue Shield PPO medical plan

Suffering from back, knee, hip, neck, or shoulder pain? By now, you may have heard that you and covered family members have free access to Hinge Health’s digital exercise therapy program for chronic pain. There are still spots left, so be sure to [click here to learn more and apply](http://hingehealth.com/healthyschools)!

Once enrolled, you’ll receive:

* **Convenient Exercise Therapy:** Personalized to you, and in the convenience of your home
* **1-on-1 Coaching and peer support:** To motivate you and help you meet your goals
* **Education:** To help you understand treatment options and how you can manage your pain

It only takes 45 minutes per week and participation is 100% confidential. Don’t miss out on this

exciting new benefit – apply today at [hingehealth.com/healthyschools](http://hingehealth.com/healthyschools).

If you have any questions about the program, email [help@hingehealth.com](mailto:help@hingehealth.com) or call (855) 902-2777.

Note: Must be 18+ and enrolled in an Anthem PPO or Blue Shield PPO medical plan through SISC