Hinge Health Program Descriptions:

**Option 1 (SHORT):**

Suffering from chronic pain? Don’t miss out on Hinge Health, a **free** benefit we’re offering as part of your UTSELECT health 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 visiting <http://hingehealth.com/uthealth>

**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 UTSELECT health 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 <http://hingehealth.com/uthealth>.

**Option 3 (MEDIUM):**

UTS is excited to announce we have partnered with Hinge Health to help you with back, knee, hip, shoulder, or neck pain. Available at **no cost**, you and your family members will have all the tools you need to manage your pain. Get access to your own health coach who will tailor the exercise therapy and education to you, your schedule, and your pace. Participants report an average pain reduction of 60% and it takes as little as 45 minutes per week! Apply today at <http://hingehealth.com/uthealth>.

Participants must be 18+ and enrolled in a UTSELECT health plan. For questions, you can call Hinge Health at (855) 902-2777 or send an email to hello@hingehealth.com.

**Option 4 (MEDIUM):**

Conquer back, knee, hip, neck, or shoulder pain with Hinge Health! UTS offers a free, digital program that will provide you and your family members with all the tools to manage your pain. Get access to your own health coach who will tailor exercise therapy and education to you, your schedule, and your pace. It takes as little as 45 minutes per week, with participants reporting an average of 60% reduction in pain. Once enrolled you will receive a tablet and wearable motion-detection device. [**Apply**](file:///Users/sonia.berkick/Desktop/Apply) **today at http://hingehealth.com/uthealth**

Participants must be 18+ and enrolled in a UTSELECT health plan. For questions, you can call Hinge Health at (855) 902-2777 or send an email to hello@hingehealth.com.

**Option 5 (MEDIUM):**

Suffering from chronic pain? Don’t miss out on Hinge Health, a **free** benefit we’re offering as part of your UTSELECT health 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

Visit <http://hingehealth.com/uthealth> to learn more about the program and apply.

Questions? Feel free to call (855) 902-2777 or e-mail hello@hingehealth.com

**Option 6 (LONG):**

We are excited to announce we are partnering with Hinge Health to help you with back, knee, hip, neck, or shoulder pain. Over 80,000 people have enrolled in their programs, cutting their pain by an average of 60%. [**Visit http://hingehealth.com/uthealth to learn more and apply today.**](http://hingehealth.com/uthealth)

Once enrolled, you’ll receive the Hinge Health Welcome Kit, which includes a tablet computer and wearable motion sensors that guide you through exercise therapy. You’ll also be paired with your personal health coach who will tailor your sessions to you, your schedule, and your pace. Best of all, it takes as little as 45 minutes per week and is provided at **no cost** to you and your family members enrolled in a UTSELECT health plan.

[**Visit hingehealth.com/uthealth to learn more and apply today.**](http://hingehealth.com/uthealth)

For questions, you can call Hinge Health at (855) 902-2777 or send an email to hello@hingehealth.com.