



# What is Hinge Health?

## How does the program work?

Hinge Health is an exercise therapy program designed to address chronic **back, knee, hip, neck, or shoulder pain**. It's convenient and fits your schedule — it can be done anywhere, at any time.

## What does the program include?

1. **Personalized exercise therapy** to improve strength and mobility in short, 15-minute sessions.
2. **1-on-1 health coaching** to provide motivation and support via text, email, or call.
3. **Interactive education** to teach you how to manage your specific condition, treatment options, and more.

## What is a health coach?

A health coach is an accountability partner. They will work with you throughout the program to help you create and stick with your goals.

## How much does the program cost?

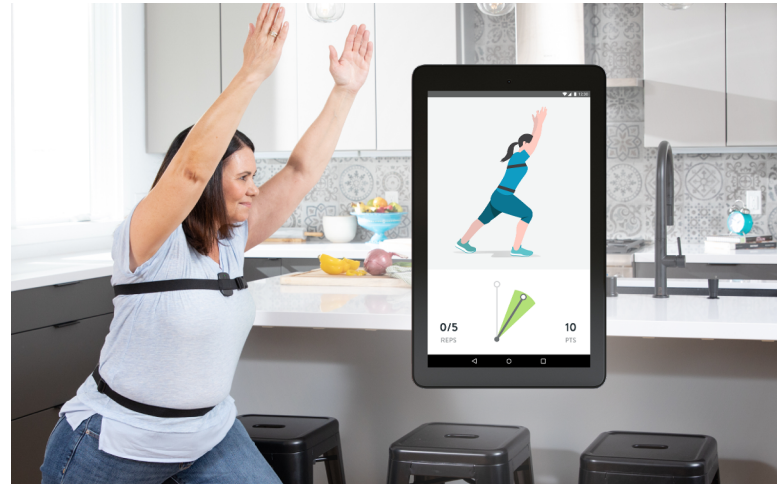
It's **free** for eligible participants. This includes the Hinge Health kit, which you can keep forever.

## Who is eligible?

Employees and dependents 18+ enrolled in a Cigna or BCBSTX medical plan through Waste Management are eligible.

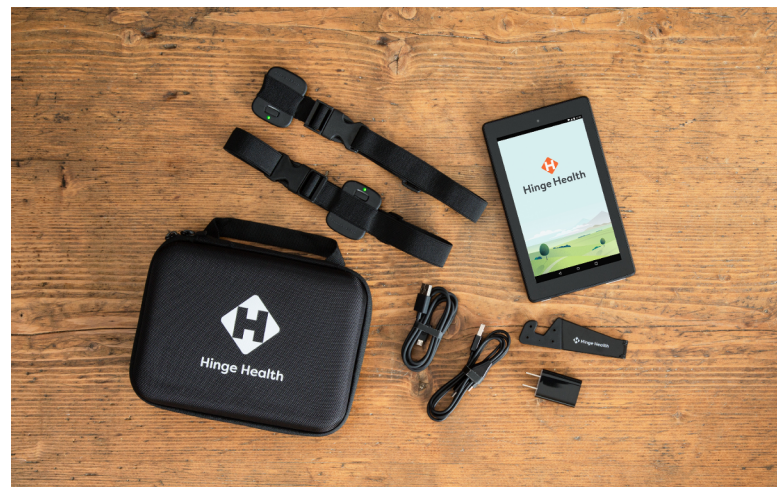
## How do I apply?

Take a short online questionnaire following the link below, telling us about your pain. No referral or diagnosis needed from a doctor.



## What results do participants see?

- 60% average pain reduction
- 2 out of 3 surgeries avoided



## What's inside the Hinge Health kit?

You'll receive a free tablet and wearable motion sensors that give you live feedback during exercises.

To learn more call (855) 902-2777, or apply at:

**HINGEHEALTH.COM/WM**