



THE TEXAS A&M  
UNIVERSITY SYSTEM



Hinge Health

# Conquer back or joint pain without drugs or surgery

You and your family members get **free access** to Hinge Health's programs for **back, knee, hip, neck, or shoulder pain**, which include:

- A free tablet computer and wearable sensors
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

**Over 80,000** members have participated in our programs so far, and cut their pain by over 60%!

Eligibility: Available to all members and their dependents 18+ enrolled in the A&M Care, 65 Plus and J plans. Graduate student employees enrolled in the Grad Plan are not eligible for this program.



To learn more call (855) 902-2777, or apply at:  
**HINGEHEALTH.COM/TAMUS**