



THE TEXAS A&M
UNIVERSITY SYSTEM



Hinge Health

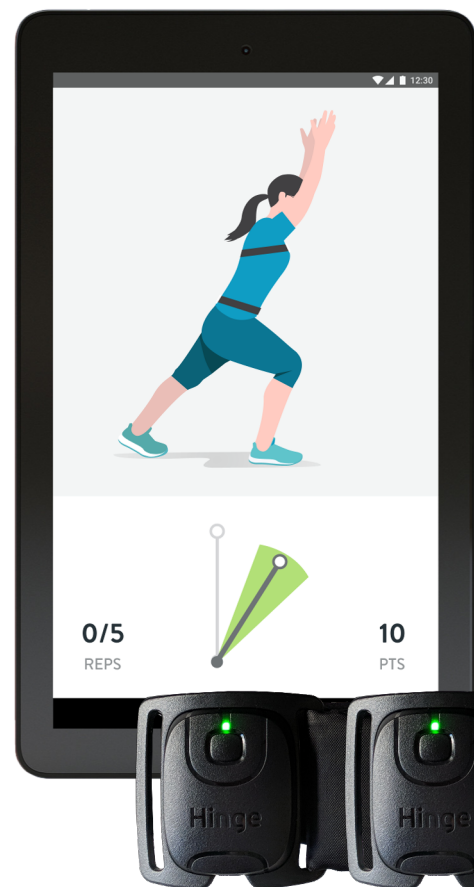
Conquer back or joint pain without drugs or surgery

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 30,000 members have participated in our programs so far, and cut their pain by over 60%!

Eligibility: Employees and dependents 18+ enrolled in an A&M System medical plan through Blue Cross and Blue Shield of Texas are eligible.



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