Last Chance Email

**FROM:** Institution Wellness Leaders

**DATE:** October 30, 2019 **SUBJECT**: Space is still available in UT Select’s new program for chronic pain

**Send to:** All employees



Suffering from back, knee, or hip 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/utwellness)!

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/UTWELLNESS**](http://hingehealth.com/utwellness)

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

**Note:** Must be 18+ and enrolled in a UT SELECT plan.