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

A dog jumping in the air

Description automatically generated

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](mailto:help@hingehealth.com) or call (855) 902-2777.

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

HR Manager Announcement Email

# Option 1:

**Suffering from chronic pain?**   
Don’t miss out on Hinge Health, a **free** new benefit we’re offering you and your covered family members as part of your UT Select plan. [Click here to learn more and apply](http://hingehealth.com/utwellness)!

Hinge Health is an innovative digital therapy program to help you conquer your back, knee or hip 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

Past participants report a 60% reduction in pain. Visit [**HINGEHEALTH.COM/UTWELLNESS**](http://hingehealth.com/utwellness) to enroll today!  
  
**Eligibility requirements:** Must be 18+ and enrolled in a BCBSTX UTSelect Medical Plan

# Option 2:

**Conquer back and knee pain with Hinge Health**

UT Select is excited to announce we are partnering with Hinge Health to offer their digital programs for back, knee, or hip pain. Their programs are available to you and your eligible dependents **at no cost** and provide all the tools you need to learn to manage your pain.

You’ll have access to a personal health coach, convenient exercise therapy, and education articles to help you understand your condition and treatment options. Join over 20,000 participants who have conquered back or knee pain with Hinge Health, reporting their pain reduced by over 60%! Visit [**HINGEHEALTH.COM/UTWELLNESS**](http://hingehealth.com/utwellness) to learn more and apply!

Please contact [help@hingehealth.com](mailto:help@hingehealth.com) or call (855) 902-2777 with any questions.

**Eligibility requirements:** Must be 18+ and enrolled in a BCBSTX UTSelect Medical Plan