

# CONQUER BACK, KNEE OR HIP PAIN WITHOUT DRUGS OR SURGERY



Hinge Health

## APPLY TODAY!

Employees and family members enrolled in a Waste Management medical option get **free access** to Hinge Health's digital programs for back or joint pain, which include:

- A free tablet and wearable sensors to track your activity
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Join 10,000 past participants who, on average:

- Reduced pain by more than half
- 90% say they're less likely to get surgery



To learn more and apply, visit:  
**HINGEHEALTH.COM/WM2020**