

# CONQUER BACK OR JOINT PAIN WITHOUT DRUGS OR SURGERY



Hinge Health

## APPLY TODAY!

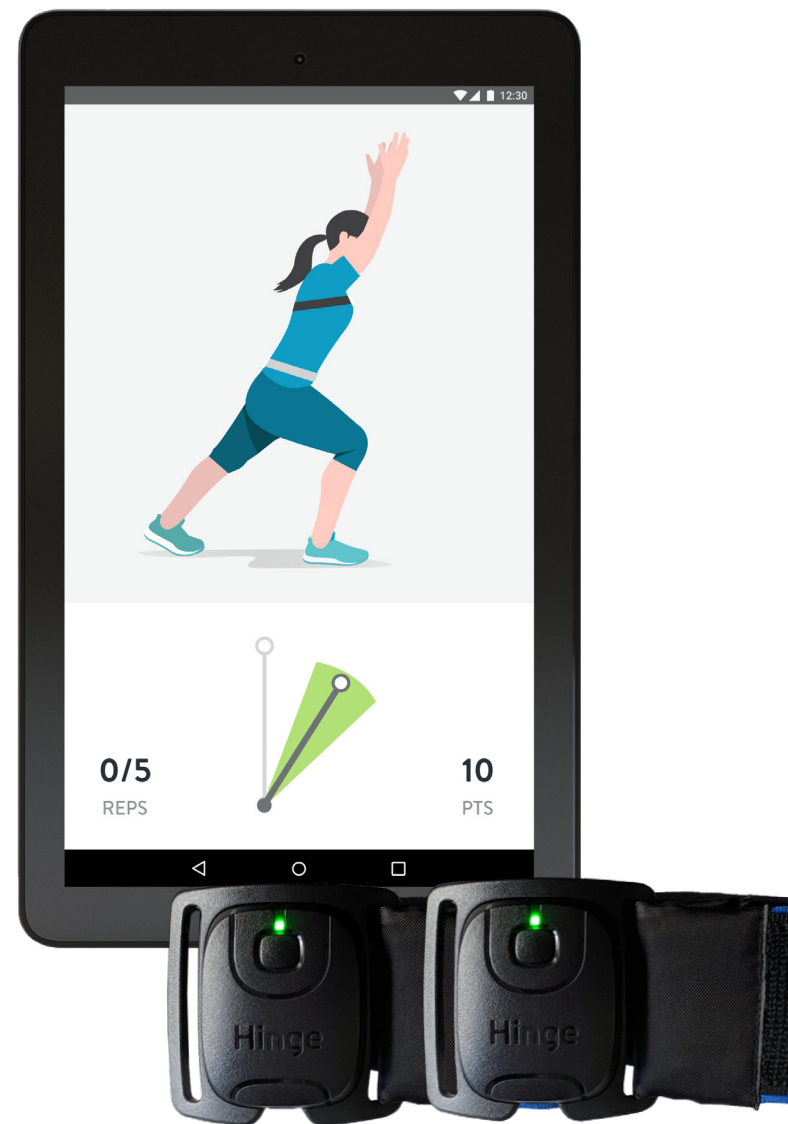
Employees and eligible family members enrolled in a Waste Management medical plan get **free access** to Hinge Health's digital programs for back, knee, hip, shoulder, or neck pain, which include:

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

Join over 1,000 WM members who, on average:

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

Eligibility: Employees and dependents 18+ enrolled in a Cigna or BCBSTX medical plan through Waste Management are eligible.



To learn more and apply, visit:  
[hingehealth.com/wm](https://hingehealth.com/wm)