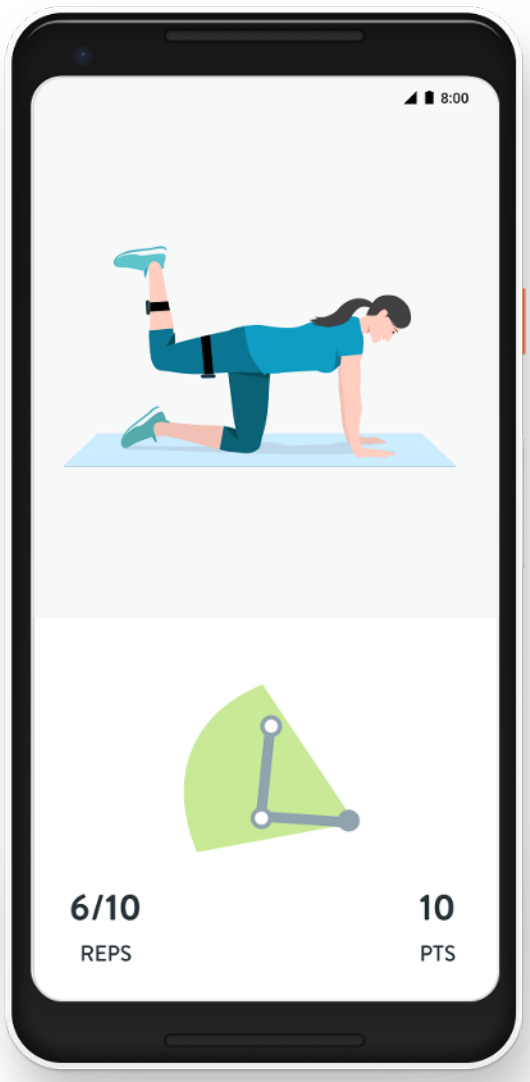
Cigna | Hinge Health

Conquer back or joint pain without drugs or surgery

We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your condition, a free tablet and wearable sensors, personal coach and physical therapist. Best of all, it's **free** — 100% covered by your employer for you and eligible family members.



Sign up today for help with any of the following:

- **Conquer pain or limited movement**
- **Recover from a past injury**
- **Reduce stiffness in achy joints**

Join for your **back, knee, hip, neck, or shoulder.** On average, our participants cut their pain by over 60%!

Eligibility: Employees and dependents 18+ enrolled in a Cigna medical plan are eligible.

To learn more call (855) 902-2777, or apply at:

HINGEHEALTH.COM/CIGNA