Hinge Health Email Copy

Version 1:

We are pleased to announce that we are continuing to partner with Hinge Health, a free digital exercise therapy program to help you conquer your back, knee, hip, neck, and shoulder pain in the convenience of your home. [You can click here to learn more and apply.](https://www.hingehealth.com/for/tamus1?utm_source=1&utm_medium=email&utm_campaign=ongoing)

Their programs are completely digital and all costs are covered by the A&M System medical plan. Enroll today and you’ll receive:

* A free tablet computer and wearable sensors
* Unlimited access to your personal health coach
* Exercise therapy tailored to your condition and schedule

It takes as little as 45 minutes per week, so don’t spend another year dealing with chronic joint pain. Get back to the activities you love and [apply today](https://www.hingehealth.com/for/tamus1?utm_source=1&utm_medium=email&utm_campaign=ongoing)!

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

**Note:** Available to all members and their dependents 18+ enrolled in the A&M Care, 65 Plus and J plans. Graduate student employees enrolled in the Grad Plan are not eligible for this program.

Version 2:

You may have heard that Texas A&M is continuing to partner with Hinge Health, to offer their digital programs for chronic back, knee, hip, neck, and shoulder pain. [You can follow this link to learn more and apply.](https://www.hingehealth.com/for/tamus1?utm_source=1&utm_medium=email&utm_campaign=ongoing)

As a reminder, the program is **completely free** to you and your eligible family members. Once enrolled, you’ll receive:

* **Convenient Exercise Therapy**: Complete less than 45 minutes of exercise therapy sessions per week, anytime and anywhere
* **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

So if you think you or a family member might benefit from our program, I encourage you to [apply today.](https://www.hingehealth.com/for/tamus1?utm_source=1&utm_medium=email&utm_campaign=ongoing)

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