

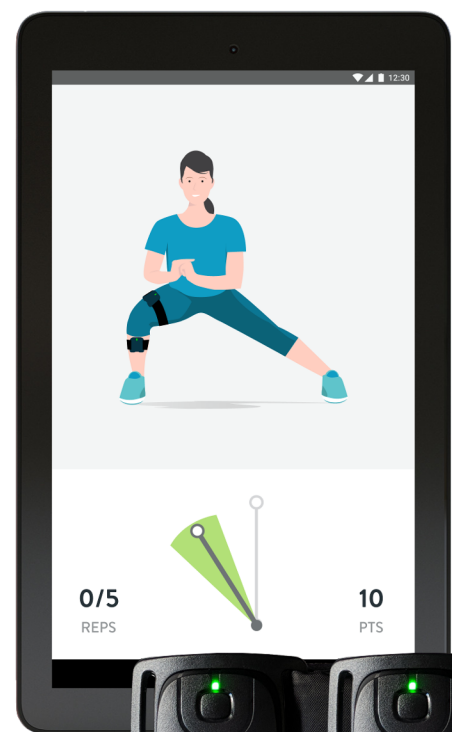


Chronic pain may feel like a losing battle. We're here to help.

Hinge Health is a pioneering digital therapy program to help you conquer chronic back or joint pain, **without drugs or surgery**. It can be done at home—no need to schedule PT appointments. The **average participant reports a 60% pain reduction** by the end of the program. Best of all? It's free for members enrolled in a SISC-sponsored Anthem PPO or Blue Shield medical plan.

Each element of the program is delivered entirely digitally, and includes:

- **Personalized exercise therapy** to improve strength and mobility. You'll receive tailored stretching & strengthening activities delivered through bluetooth-connected motion sensors and tablet, providing you with real-time feedback.
- **Unlimited 1-on-1 health coaching** to support you throughout the program, and keep you motivated.
- **Interactive educational content** every week on how to manage your specific condition, your treatment options, common misconceptions, and more.



Apply today at: HINGEHEALTH.COM/HEALTHYSCHOOLS

Questions? Email us at help@hingehealth.com, or call (855) 902-2777