**Subject line options**:

* Take control of your back and joint health with Hinge Health’s new programs
* Free, convenient, personalized care

Whether you want to deal with nagging pain in your joints, recover from an injury, or just want more strength and flexibility — you’re not alone. **Hinge Health provides everything you need and** **is free for all eligible members enrolled in an Anthem PPO or Blue Shield PPO medical plan with SISC.** [**Click here to learn more and apply**](https://hingehealth.com/healthyschools)**.**

**How they help:**

Hinge Health provides all the tools you need to get moving again from the comfort of your home. Here are some of the ways your treatment plan can be tailored to you:

* A personal care team, including a physical therapist and health coach
* As many virtual physical therapy sessions as needed
* A tablet computer and wearable sensors that give live feedback on your form

Visit [**hingehealth.com/healthyschools**](https://hingehealth.com/healthyschools)to learn more! If you have questions, call (855) 902-2777 or email hello@hingehealth.com.

*Eligibility: Available for free to employees and dependents 18+ enrolled in an Anthem PPO or Blue Shield PPO medical plan with SISC. HSA plan members will be subject to additional costs based on deductibles.*

Link to embed: [hingehealth.com/healthyschools](http://hingehealth.com/healthyschools)