

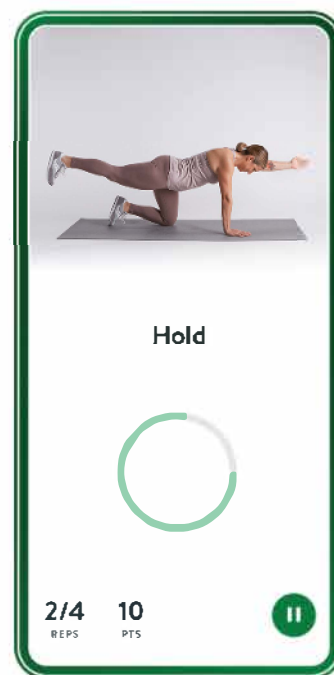


Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy
at no cost to you. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

Your covered dependents may be eligible, too!



To learn more, scan the QR code or visit

healthselectoftexas.com/medical-benefits/summer-enrollment-2024

Registration for Hinge Health opens **Sept. 1, 2024**

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

HealthSelect of Texas® medical plan participants, including those enrolled in Consumer Directed HealthSelectSM or Medicare, who are age 18 and older living in the U.S. are eligible to enroll.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.