



Your partner for pain relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury. Relieve pelvic pain and discomfort.

- A care plan designed for your everyday activities and long-term goals - and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes - anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals
- Access to Hinge Health Enso® a non-addictive, FDA-cleared wearable device to calm and soothe pain flare-ups in minutes

Scan the QR code or visit:

hinge.health/usatoday-join



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

Eligibility: Employees and dependents 18+ enrolled in a BCBSTX medical plan through USA TODAY Co. are eligible. *Please note: If you are covered by either a Collective Bargaining Agreement (CBA), Joint Operating Agreement (JOA), or are an international or non-US based employee, your benefits may vary.

Elegibilidad: Los empleados y dependientes mayores de 18 años inscritos en un plan médico de BCBSTX a través de USA TODAY Co. son elegibles. *Tengo en cuenta: Si está cubierto por un Acuerdo de Negociación Colectiva (CBA) o un Acuerdo Operativo Conjunto (JOA), o es un empleado internacional o no estadounidense, sus beneficios pueden variar.



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cost to you