

\$0  
cost to you

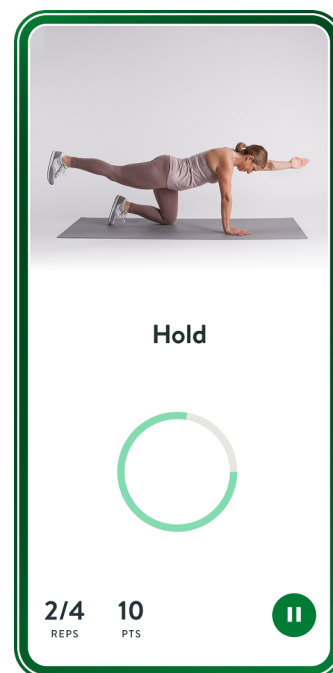


## Reduce back and joint pain without drugs or surgery

You're eligible to join Hinge Health. Overcome back, knee, and other joint and muscle pain at **no extra cost to you**. Your family may be eligible too. Programs include:

- Personalized exercise therapy
- Unlimited 1-on-1 health coaching
- Motion tracking technology for instant feedback on your form

On average, participants reduce their pain by 68%!<sup>1</sup>



Scan the QR code to learn more or apply at  
[hinge.health/hellofresh](https://hinge.health/hellofresh)

Questions? Call (855) 902-2777

Employees and dependents 18+ enrolled in a HelloFresh medical plan are eligible.

<sup>1</sup>After 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.