

**\$0**  
cost to you



Join now  
**Get a yoga mat on us!** 

\*Restrictions apply. See below.

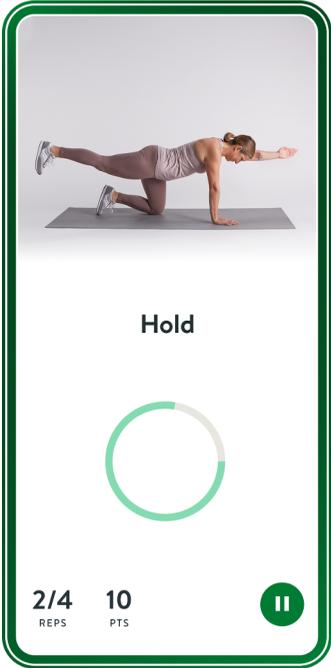


# Reduce back and joint pain without drugs or surgery

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/mesquiteisd](https://hinge.health/mesquiteisd)

Questions? Call (855) 902-2777

\* Eligibility to receive a yoga mat is based on the program in which you are placed. Employees and dependents 18+ enrolled in a Mesquite ISD 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.