

**\$0**  
cost to you



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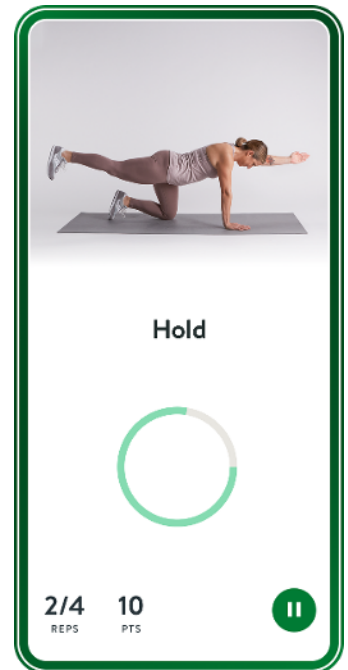


## Personalized pain care that gets you moving

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

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

Your family may be eligible, too!



To learn more and apply, scan the QR code or visit  
[hinge.health/archdioceseofcincinnati](https://hinge.health/archdioceseofcincinnati)

Questions? Call (855) 902-2777

Hinge Health está disponible en español

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

Employees and dependents 18+ enrolled in an Anthem medical plan through the Archdiocese of Cincinnati 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.

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