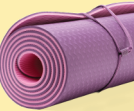


\$0
cost to you



Join now
Get a yoga
mat on us!



*Restrictions apply. See below.

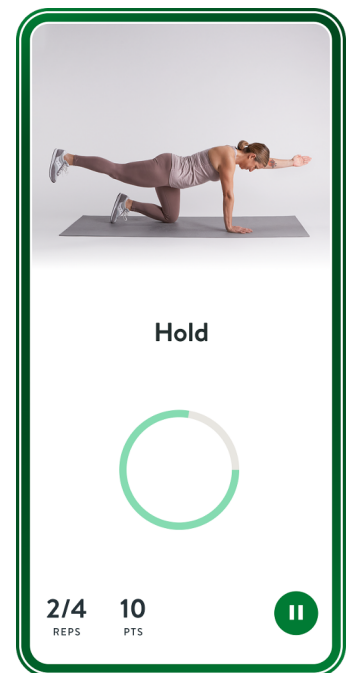


Personalized pain care that gets you moving

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 family may be eligible, too!



To learn more and apply, scan the QR code or visit
hinge.health/elaracaring

Questions? Call (855) 902-2777

*Eligibility to receive a yoga mat is based on the program in which you are placed.

Participants must be 18+ and enrolled in an Elara Caring BCBS medical plan.

**Wearable sensors and tablets are provided to participants who have been struggling with back, joint or muscle pain for 12 weeks or more prior to joining Hinge Health.

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.